



Season's Greetings One and All!

December has arrived, and with joyful anticipation of the holidays comes a time to reflect on the past year's events and accomplishments. December is also a time of hope and optimism, as we look forward to all good things in store for us in the new year ahead.

In media and advertising, much is made of gift giving and family time, but I would like to share with you my simple thoughts on the most important qualities of this season to me...friendship, fellowship and human kindness. Friendship and kindness are the foundation from which all good things grow in a community and these are the founding principals of MDAM. I am very proud to say these are attributes that I see in the staff and volunteers at MDAM each and every day. MDAM and its staff and volunteers have proven that even a small act of kindness can change the direction of a someone's life. A heartfelt thank you for the friendship, fellowship and kindness that all of you bring to the world each day.

Please join us for our Staff and Volunteer Holiday Celebration at MDAM Tuesday December 19th at 4PM. Buffet dinner will start at 4:30 and there will be a special surprise for the kids of all ages, and please feel welcome to bring a friend and/or a small well-behaved pet. Let us all celebrate the season of friendship, fellowship and human kindness together.

Past happenings:

Since the AGM in September we have 4 new board members and we have 10 active committees established to help guide us through our ever-growing responsibilities:

- Executive Committee
 - Membership Committee
 - Bylaws, policies and HR Committee
 - Government Liaison Committee (for peer support and addictions integration)
 - Programs Committee
 - Fundraising Committee
 - Finance Committee
 - IT Committee
 - Risk Management Committee
 - Nominating Committee
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Current Happenings:

- We are in the final days of selecting a software program to reduce the data burden on our staff and volunteers by compiling a data base of donors, volunteers and other important contacts. This will make our mail outs and tax receipts and all correspondence more streamlined and simple.
- We are pleased to roll out a new and improved web site to help everyone access our services, programs, information and schedules from a single site.
- We are very proud of the jobs our staff and volunteers do each and every day. A special congratulation to Judy Dunn for her Community Leadership Award and to Griffin for being chosen as one of Canada's top 150 leading Canadians for Mental Health.
- A regular newsletter will be produced with program and educational information.
- The Bricker family generously donated the Bricker Family Room at MDAM to provide a comfortable, gracious space for staff and volunteers.

Future Happenings:

- Our major fundraising event, the In the Mood Gala will be at the Hotel Fort Gary on Saturday February 24th, 2018. Please contact Charlotte at charlottes@mooddisordersmanitoba.ca for tickets and sponsorship information.
- Watch for more exciting announcements and events on our website and in our upcoming newsletters!



Whatever holiday you celebrate this season, we wish you and your families, much joy and friendship, fellowship



and kindness and the very happiest of New Years!

On behalf of the Board,

Pam

Pamela Mann, FCSI
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CELEBRATING 34 YEARS!
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Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

Helping People Help Themselves for 34 Years

