



## **Spring Greetings from Pamela Mann, Board Chair, Mood Disorders Association of Manitoba**

The warm sunny days of spring have arrived and we have wonderful news to share with you and so many accomplishments to celebrate! A big heart-felt thank you for the tremendous community support we receive and to all our donors and patrons. With your help we are able to deliver the services to those who need us and together we are removing the stigma of mental health issues for the benefit of all. We are very proud of our hardworking staff and volunteers and their caring, compassionate commitment to helping those affected by mental health issues. Our staff and volunteers keep our phone lines and offices open 365 days of the year to ensure that everyone who needs our help, can get our help. We are humbled and honored that on Friday March 9th Mood Disorders was awarded the Winnipeg Chamber of Commerce Spirit of Winnipeg Award for Wellness and Workplace Culture. This award recognize's practices and enabling conditions for improved inclusivity, productivity, skills health and satisfaction for employees. A big thank you to the Chamber and to all of you who are helping us to help others. Together we are making a difference!

### **New programs for older adults:**

In addition to our existing programs, on February 13th we began a partnership with University of Manitoba to provide Turning Pages, a program to help support and improve the mental health of older adults. Core components of the Turning Pages program include providing education, opportunities for skill building (cognitive behavioural therapy with mindfulness), peer support, and meaningful connections to community resources. It is dedicated to the memory of Cathy Curtis.

### **Events and New Programs in Rural Manitoba:**

- Russell: Thanks to Shoppers Drug Mart's support and sponsorship we now offer a Post-Partum Women's Group in Russell, Manitoba.
- Dauphin: The 9th annual Voices of Angels fund raiser will be held at the Watson Art Centre in Dauphin on April 14, 2014. This evening includes musical performances by local musicians, singers, choirs and dancers, as well

a story of recovery, with silent and penny auctions. All items are donated by the generosity of local businesses and individuals.

- Dauphin: We now offer a new Women's Art program thanks to Shoppers Drug Mart's generous support.

## **Past Events**

### **Professional Development Day February 16th:**

Professional Development Day introduced the SHOPPERS LOVE. YOU. Run for It program curriculum for mental wellness. It provided information regarding the associated positive benefits that may result from incorporating exercise within a school setting. Presenters discussed topics; Brains- Journey to Resilience- Alberta Wellness Centre; Training Techniques to Race- Lorraine Walton from the Running Room; Promoting Positive Mental Health from Bullying- Dr. Mary Hall; Shoppers Love. You. Run Kick-Off; Pharmacology and Students- Shoppers Drug Mart; and Mood Disorders and Recovery - Griffin Jenkins. Additional topics included Cannabis and teens, the impact of bullying on anxiety and depression, and developing resilience and communication skills. Thank you to Shoppers Drug Mart for leading the way on this important work!

### **In the Mood Gala February 24, 2018:**

Our 9th annual Gala was held at the Hotel Fort Garry and was attended by over 300 supporters. This is our core fundraiser that helps fund our programs and our community initiatives and it gives us the opportunity to recognize dedicated individuals in the community, working to better the lives of those living with mental health issues. We salute our 2018 award winners with gratitude and appreciation:

- Helping Hands, Hope Award Honoree: Bev Harvey, Dauphin MB, who's spirit name is Bright Star-Medicine Cloud Woman, is a recovering drug and alcohol addict and along with her parents and grandparents, she is a residential school survivor. Bev turned her life around after horrific abuse and works as an Elder/Cultural Advisor and volunteers for the Food Bank and for Mood Disorders. Bev's uplifting story brought many tears to the room after her poignant acceptance speech.
- Helping Hands, Health Award Honoree: Dr. Margo Lane, MD, FRCPC has been practicing at the Health Sciences Centre, Children's' Hospital and in the community for close to 20 years in adolescent medicine and general pediatrics. She is currently Chair of the Adolescent Health Committee, Canadian Pediatric Society. She takes great satisfaction in caring for vulnerable teen including those in the care of Child and Family Services and those with mental health challenges.
- Helping Hands, Heart Award Honoree: Mary Ann Baynton, MSW, RSW is an author of several books on workplace mental health and she is the Chair of the technical committee which developed the National Standard of Canada on Psychological Health and safety in the workplace. May Ann operates her own consulting business and serves as Program Director for the Great-West Life Centre for Mental Health in the workplace.

## **Annual Mental Health Conference March 21 to 23, 2018:**

Our annual Mental Health Conference was held to promote the journey to healing for Aboriginal communities, the criminal justice system & children and youth. The conference included information sessions as well as a series of key note speakers, including:

- Michelle Furgiuele, Survivor of Human Sex Trafficking
- Dr. Michael Hart, Canada Research Chair in Indigenous Knowledges and Social Work
- Ed Mantler, Vice President, Program and Priorities Mental Health Commission of Canada.
- Kimberly Pate, mental health in the criminal justice system.
- Laura Burke, entertainer "Tight Rope – A Humorous and Confessional One Person Play About Mental Illness"

### **Upcoming events:**

Tuesday, May 8, 2018 Chicken Fest, sponsored by the Rotary Club. Proceeds go to support MDAM Children's programming.

Saturday, May 12, 2018 Andrew Dunn Walk/Run at Oakbank, MB For registration and pledge collection: [www.runningroom.com](http://www.runningroom.com)

Andrew Dunn is an important partner for us in our goal to improve mental health. Help people work towards successful recovery from depression and other mental health issues by supporting this worthy cause.

Sunday, May 13, 2018, Shoppers Drug Mart Love. You. Run. for Women. Everyone is invited to join the 5K or 10K walk/run or Little Steps 1K. This event aims to increase awareness of women's mental health issues in Canada and to help eliminate the stigma associated with mental illness. It also raises funds for mental health organizations like MDAM to provide essential women's mental health programs. Registration is through: [www.therunningroom.com](http://www.therunningroom.com)

For more complete list of our community programming please visit our web-site: <http://www.mooddordersmanitoba.ca>

“We make a living by what we get, but we make a life by what we give.”

~Winston Churchill

Thank you for all you do to help us help others.

On behalf of the Board,

Pamela Mann, FCSI  
Chair of the Board,  
Mood Disorders Association of Manitoba  
4 Fort Street  
Winnipeg, Manitoba  
R3C 1C4

204-786-0987

1800-263-1460

MoodDisordersManitoba.ca

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