



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

**Late Summer 2018**

Late summer holds a special sweetness as the days of summer grow shorter but the warmth and sunshine still linger. Here is hoping the sunny sultry days of this summer have brought happy times and precious holiday fun for you and your families.

This summer at Mood Disorders Association of Manitoba we have been busy getting ready for new programs and services coming this fall. In addition to our 114 support groups throughout the province each month, we held an 8-week Peer Support Training Course and 2 Summer Camps. We just completed our very popular Winnipeg Summer Band Camp for Youth called “Rock it out,” now in its 7th year as well as the Youth Art Drama and Music Camp in Dauphin. We are pleased to announce that to meet ever growing demand we will be expanding our Youth Programming Services and hiring additional staff to work with youth at risk. We will also be focusing more on addictions and adding new courses on Mental Health and Addictions through our partnership with Josphine D’Andrea of Kelburn Estates Health and Wellness Retreat.

**Upcoming Events:**

- Join us this Saturday September 8<sup>th</sup> at Fun Mountain for “Fire Fest”. Write all your troubles down and throw them into the fire in a symbolic gesture of cleansing to create strength and renewal. Part of the proceeds are being donated to help us provide support services for those who need us. Tickets are available on Eventbrite.ca for \$25.
- The Windsor Ladies Golf League is putting on their wrap up tournament next Tuesday Sept 11th at Windsor Golf Course and the proceeds will benefit MDAM.
- A staff Barbeque and picnic is being planned for September 18 to celebrate all our accomplishments and to thank our tireless staff and volunteers who give so generously of themselves for the benefit of others.
- Sept 15th is Thompson, Manitoba’s 6<sup>th</sup> Annual Walk/ Run for Mental Health.

- Tuesday October 2, 2018 is our Annual General Meeting, held at the Mood Disorders offices at 100 Fort Street, Winnipeg. Come and meet our staff and volunteers and board members and share the 35 year milestone celebration of Mood Disorders Services in Manitoba. We are honoured that we will have a special guest, the Honourable Cameron Friesen, Minister of Health, Seniors and Active Living for the Province of Manitoba and MLA for Morden-Winkler.
- Mah-jong for Mood will be held on November 4<sup>th</sup> 2018.
- Our largest in-house fundraiser, the annual In the Mood Gala will be February 23, 2019 at the Hotel Fort Garry. Book a table and share a fun filled evening with friends, all for a great cause.

### **We are so very grateful for your support:**

- Thanks to the generosity of the Graham C. Lount Foundation we are broadening our Family Navigation program, which has seen an 84% increase in need grow from the first to third year of its development. From April 2017 to March 2018, 2334 people are now connected to our Family Nav.
- Thanks to the tremendous patronage and leadership of Shoppers Drug Mart we can expand our programming and services for women; our new postpartum depression texting service had 67,000 views and 1000 shares on Facebook alone in its first few days of operation. We continue to offer weekly speaker's series and a postpartum course for new parents. Watch for upcoming expansion of texting services, webinars, Cognitive Behavior Therapy sessions on mental health and addictions, and more programming designed to improve women's lives.
- The Tattoo Convention in August has raised funds for us to enhance Aboriginal Youth programming and to teach Cognitive Behavior Therapy. Through exercise, positive life choices, nutrition and spirituality, participants will learn further tools to build resilience and foster hope and recovery.
- Thanks to Healthy Together Now, Prairie Mountain Health Region, Brandon region which has granted \$10,000 to Wellness programming throughout the region. This will strengthen support groups, community awareness and postpartum service delivery.
- Watch for additional new courses coming in Shame Resilience, Nutrition and Mental Health, Peer support, Cognitive Behaviour skills, Baby Blues and Better Days, Mindfulness and Holistic values and Beliefs, Mental Health First aid and Anger Management in the weeks ahead.
- For regional news and support group information for our 8 Manitoba regions, please visit our website: [mooddisordersmanitoba.ca/regions](http://mooddisordersmanitoba.ca/regions) In October in Brandon a new group will begin called "Focus on Wellness".

### **More Past Events held to help us, help others. Thank you so very much...**

- Turning Pages, dedicated to older adults in honor of Cathy Curtis' memory held a pop-up yoga fundraiser called I am Love, August 19. A new program begins October 2 2018.
- Huna Product is generously donating a portion of all products sold to help support postpartum projects.
- MTS Bell donated \$25000 to support self-help and peer support.

- AMYing for a Cure donated over \$20,000 from their Falcon's Hockey Tournament in memory of Amy Paterson, to reduce stigma and improve mental health awareness.
- She Wore Flowers in her Hair, June 9 was a mental health festival to support our work, held at Kelburn Health and Wellness Retreat to help reduce the stigma of mental health and addictions issues.
- June 19<sup>th</sup> Rotary West Winnipeg presented us with a cheque for \$7500 from Chickenfest.
- Upside Down Tree Comedy Night raised \$28,000 for us May 25. Thank you to Carmyn Aleshka.
- The Manitoba Infrastructure Golf Tournament raised \$2,039.76 and some awareness as well.
- July 14<sup>th</sup> the Carman Truck/Tractor pull was a great success and raised funds for our mental health support in the region.
- In Dauphin the Parkland region held a very successful Youth Art, Drama, and Music Camp July 23 to August 30.
- Shoppers Love.You. Run for Women May 13 was another complete sell out and raised \$100,000 for our Women's Programming.
- Andrew Dunn Walk/Run May 12<sup>th</sup> in Springfield was a huge community event.

### **We are very happy to announce new additions to our staff family:**

We have recently welcomed back Tina Holland to our Winnipeg office in Family Navigation. Tina has been involved with Mood Disorders for over 20 years and is one of our most popular program teachers. Tina has been a facilitator and a mentor and has presented Mental Health First Aid and Cognitive Behavior Therapy classes for many years. We are grateful that she continues to give her time and energy and expertise to help us to help those in need.

In July we welcomed Rachel Westman as our new Director of Development. Rachel holds a four-year undergraduate business degree from University of Winnipeg, with a major in marketing. She was a full-time event manager and has extensive fundraising experience along with writing blogs, and social media content. She was part of the logistics team for major events in the city of Winnipeg such as the Grey Cup Festival Gala, Inaugural Winnipeg Jets Hall of Fame Lunch and the Skills Canada National Competition Opening and Closing Ceremonies. Rachel has experience managing conferences, tradeshow, AGM's, galas, signature events, golf tournaments and meetings ranging from 30 to 2000 attendees. Rachel is associated with our long-time patron organization "Amying for a Cure" the Falcon's hockey tournament honouring Amy Peterson who died at the age of 26 after long suffering with bipolar illness.

Trevor Jones, another dedicated long serving volunteer with HR and office management experience, and a former board member, is now working in the Winnipeg office as Assistant ED. Trevor is looking after office administration and overseeing the implementation of the new computer software designed to automate our record keeping and receipt processes.

All staff participated in a Workplace Safety and Health workshop in July. In addition, Applied Suicide Intervention Skills Training was offered to staff and volunteers in June.

The Winnipeg office has recently had a face lift with new paint and new carpeting throughout. A big thank you to the staff and volunteers who helped give a fresh new look to the office by helping to paint.

## **This year we are celebrating 35 years of helping those living with Mood Disorders with hope and recovery:**

Mood Disorders has grown from humble beginnings in 1983, providing peer support and education of Mood Disorders for a dozen individuals, to the size where we are now assisting over 95,000 Manitobans annually. It has been 35 years of working to build a better community in MB through providing our help with mood disorders education, advocacy, peer support, and hope and recovery services to all who need us. We are very proud that we continue to grow our community support, which now provides more than 72% of our annual funding.

We launched the first peer support in 1992 at the Health Sciences Centre in Winnipeg and in Selkirk Mental Health Centre. We were the first organization in North America to have peer support in the hospital setting. This established a long record of providing quality peer support in *Helping Others Help Themselves* throughout Manitoba. A year ago we initiated a quality peer support training program that has trained 48 individuals. We continue to be the centre of excellence in Manitoba for peer support and training.

I would like to acknowledge Tara Brousseau Snider, Executive Director, who has been recently named as Vice Chair of the Addictions Foundation of Manitoba. At MDAM, we fully support the recent Virgo Mental Health and Addictions Strategic report recommendations and wholeheartedly embrace providing help to those who have mental health and addictions needs.

A big heart felt thank you to our staff and volunteers who continue to amaze and overcome all odds, with their caring, compassion and kindness. Together with our supporters, they have made us the premier grass-roots peer support mental health organization, bar none. Offering hope and support 365 days a year for all who need us is a tremendous accomplishment. Their dedication is inspiring, and their stories are humbling. We are very proud of these generous spirited individuals who step up and help when things seem bleak and do so without expecting anything in return. We are also proud that Mood Disorders Association of Manitoba is 72% funded by donations and runs 100% on generosity and human kindness.

I am very proud of all our staff and volunteers and the work they do each day. Together we are building a better, healthier, kinder and more inclusive community. Thank you for all you do to help us help others.

On behalf of the Board,

Pamela Mann, FCSI  
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**CELEBRATING 35 YEARS!**