



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

NEWFOUNDLAND AND LABRADOR DIVISION

Mental Health Week May 1 - 7, 2011

CMHA-NL Press Release Wednesday, April 27, 2011



(St. John's) – It's an important year for the **Canadian Mental Health Association (CMHA)**. CMHA is celebrating 60 years of improving people's understanding of mental health through our Mental Health Week, which takes place this year from May 1 – 7, 2011. Mental Health Week is an annual national event that takes place during the first week in May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health. Local events and activities are planned among many of CMHA's 140 plus locations in communities across Canada.

In celebration of Mental Health Week in Newfoundland and Labrador, **CMHA, NL Division (CMHA-NL)**, would like to announce the following events:

April 12, 2011 - Provincial Proclamation. The Honourable Jerome Kennedy, Q.C., Minister of Health and Community Services, officially proclaimed May 1 - 7th, 2011, Mental Health Week in Newfoundland and Labrador.

May 3, 8:30 AM to 4 PM - Transforming Compassion Fatigue and Vicarious Trauma: Creative Tools for Developing Resiliency Workshop. Presented by Diana Tikasz, MSW, RSW, an associate with Workshops for Helping Professionals, a part of Compassion Fatigue Solutions. Open to registered participants only. St. John's.

May 3, 2011, 7 to 8 PM- Compassion Fatigue: Thriving in Challenging Times. Featuring guest speaker Diana Tikasz, MSW, RSW. This presentation is free and open to the public. All media are encouraged to attend. Capital Hotel, St. John's.

May 5, 2011, 6 to 8 PM - The Department of Health and Community Services, Mental Health and Addictions Division, is hosting a Public Celebration at the Sheraton Hotel in St. John's, NL. This event will help celebrate the 60th anniversary of Mental Health Week, as well as emphasize the many positive aspects that community groups and stakeholders have had in improving the mental health system in Newfoundland and Labrador. Representatives from CMHA-NL, CHANNAL, Stella Burry and the Provincial Mental Health and Addictions Advisory Council will bring greetings to the public celebration. Anyone wishing to attend is welcome; no RSVP required.

May 6, 2011, 11:30AM to 1:30 PM - Let's Talk: Making Mental Health Your Business. A lunch and learn session for the business community that offers an opportunity to talk about mental health and learn tools to make better mental health a part of your business. Featuring guest speaker Mark Gruchy, President of CMHA-NL. Glynmill Inn, Corner Brook. Tickets are \$25 per person. Call 634-4199 to purchase.

In recognition of the workplace mental health sub-theme of Mental Health Week 2011, Roger Baggs, CMHA-NL's Workplace Mental Health Coordinator, will be facilitating several government and corporate presentations on work-life balance and related themes throughout the week.

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For more information about CMHA-NL, visit our website at www.cmhanl.ca