



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Newfoundland and Labrador Division

There is no health without mental health!

Mental Illness Awareness Week (October 4—10, 2009)

**CMHA-NL Press Release
October 2, 2009 - PAGE 1**

In recognition of Mental Illness Awareness Week (October 4th to October 10th, 2009), a national week that highlights recovery from mental illness by people of all walks of life, the NL Division of the Canadian Mental Health Association (CMHA-NL) announces the following events.

Thursday, October 1, 2009

- **Mental Illness Awareness Week Proclamation (provincial)** —In partnership with the Department of Health and Community Services, Discipline of Psychiatry—Faculty of Medicine at Memorial University, Eastern Health, CHANNAL, and the Schizophrenia Society of NL, CMHA-NL announces the advance proclamation for Mental Illness Awareness Week 2009 by Terry French, Parliamentary Secretary to the Minister of Health and Community Services and MHA for Conception Bay South.

Friday, October 2, 2009

- **Mindscapes Launch and Reception—5:00pm Eastern Edge Gallery, 72 Harbour Drive, St. John's.** Mindscapes is an art exhibition by the Open Windows Studio (formerly the Waterford Art Program). The Mindscapes Exhibit will run from October 2—7th in the Rogue Gallery at Eastern Edge. All pieces will be auctioned at the 3rd Annual CMHA-NL Gala on October 8, 2009.

Monday, October 5, 2009

- **Mental Illness Awareness Week Proclamation (municipal) - St. John's City Hall at 4:20 PM.**
- **“Issues and Solutions: Managing Mental Health in the Workplace” - a presentation by Mental Health Works hosted by CMHA-NL—1:30 to 4 PM, Lecture Theatre A, Health Sciences Centre, St. John's**

Please note that seating is reserved for this event. Health Regions outside of Eastern Health will participate by video conference - Media encouraged to attend in St. John's.

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Thursday, October 8, 2009

The Third Annual CMHA-NL Fundraising Gala. Featuring live and silent auctions with art by Jean Claude Roy and the Open Windows Studio, with music performed by the MUN School of Music. Starts at 6:30 PM—Battery Hotel and Suites, St. John's

Friday, October 9, 2009

CMHA-NL Annual General Meeting – Battery Hotel and Suites – 3:30 to 4:30 PM. Featuring Guest Speaker the Honourable Paul Oram, Minister of Health and Community Services, and CMHA-NL's new Executive Director, George Skinner. Media are encouraged to attend.

Media Contact

**George Skinner
Executive Director, CMHA-NL
757-7215**

About CMHA-NL

Established in 1964, the Newfoundland and Labrador Division of CMHA has a long and proud history in our province. We continue to provide public education and advocacy in relation to promoting the mental health of all our citizens, and the recovery and resilience of those who live with mental illness.

CMHA-NL is an incorporated, non-profit, charitable organization with a province-wide volunteer board of directors and five full-time staff. For more information about CMHA-NL, please visit our website at www.cmhanl.ca