



Canadian Mental  
Health Association  
North and West Vancouver  
*Mental health for all*

North and West Vancouver Branch  
300-1835 Lonsdale Avenue  
North Vancouver, British Columbia V7M 2J8  
Phone: 604.987.6959 Fax: 604.980.0336

# #GetLoud



about what mental health really is.

CMHA Mental Health Week

May 7-13, 2018

## NEWS RELEASE

**For immediate release**

### CELEBRATING MENTAL HEALTH WEEK WITH DOGS, PLANTS AND ART

**North Vancouver (April 30, 2018)** - Mental Health Week, introduced by CMHA back in 1951, runs annually from May 7-13. To celebrate, CMHA is hosting a series of events at the Lions Gate Hospital's HOpe Centre to shine a light on the many aspects of wellness that keep us centred and mentally healthy.

When we ask people about recovery from mental illness, many overlook the importance of having purpose and actively engaging in social activities. Social participation helps enhance our lives, and our moods, in many ways. It relieves feelings of social isolation and loneliness and allows us to feel part of a community, providing us with a stronger sense of meaning and belonging. It can also provide emotional support and laughter in our lives!

"Medication and counselling are usually the two things people think of when they speak of recovery from mental illness. This year, we want to celebrate the many other elements that keep people healthy, such as walking your dog, gardening, or art." - Julia Kaisla, Executive Director, CMHA North West Vancouver Branch.

"Positive mental health is not something that simply exists in a vacuum – it's something we have to work at and nurture. We all benefit from engaging with others, spending time in nature or playing with our pets. Crafts and art can also be really helpful as part of our self-care regimes".

"During CMHA's Mental Health Week we are inviting North and West Vancouverites to come along and grab a coffee at CMHA's Blenz social enterprise, learn something new and peruse the mental health week marketplace. We're hoping to encourage everyone to take a minute to relax and reflect on what helps them maintain their mental wellbeing!"

The celebration, which takes place May 7-11 at the HOpe Centre (1337 St Andrews), includes:

#### [Mental Health First Aid Basic – A training course about mental health and addictions](#)

Tuesday, May 8th & Friday May 11<sup>th</sup>

8:45 AM - 4 PM

Pre-registration is required. Cost \$200. More information available at [northwestvancouver.cmha.bc.ca](http://northwestvancouver.cmha.bc.ca)

#### [Mental Health Marketplace](#)



**Canadian Mental  
Health Association**  
North and West Vancouver  
*Mental health for all*

**North and West Vancouver Branch**  
300-1835 Lonsdale Avenue  
North Vancouver, British Columbia V7M 2J8  
Phone: 604.987.6959 Fax: 604.980.0336

Thursday and Friday  
11 AM - 2 PM  
FREE

**Pet Therapy and Peer Support with MJ and Juniper**

Wednesday 6 - 7 PM  
FREE

**Lunchtime Peer Support Roundtable**

Thursday  
11 AM - 12:30 PM  
FREE

**Present Moment Meditation**

Thursday  
5 - 6 PM  
FREE

**About Mental Health Week - May 7-13, 2018**

This May 7-13 is the 67th CMHA Mental Health Week. Since 1951, CMHA Mental Health Week has been raising awareness to end stigma associated with mental illness. In 1951, stigma of mental illness was entrenched. Mental Health Week would go on to become an important awareness event in Canada, helping to end the discrimination, stigma and shame surrounding mental illness. CMHA is proud to be the organization that started the Mental Health Week tradition, a tradition that Canadians have embraced.

**About the Canadian Mental Health Association North West Vancouver**

The North and West Vancouver Branch of CMHA has been providing services to the North Shore community since 1958 and we embrace people with mental health issues in all facets of our organization – as Board Directors, volunteers and employees. We dedicate ourselves to empowering, supporting and improving the quality of life of mental health consumers and increasing the overall wellness of the North Shore community.

**[mentalhealthweek.ca](http://mentalhealthweek.ca)**

**#GetLoud #MentalHealthWeek**

 **@CMHA\_NWV**

**Media Contact: <https://northwestvancouver.cmha.bc.ca/news/mentalhealthweek/>**

Jo-Anne MacDougall  
Community Engagement Manager  
Cell: 604 562-6606  
[joanne.macdougall@cmha.bc.ca](mailto:joanne.macdougall@cmha.bc.ca)