



CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTE MENTALE
WINDSOR-ESSEX COUNTY BRANCH

FOR IMMEDIATE RELEASE

April 27, 2009

Free workshop offered to boost personal resilience

WINDSOR – The community is invited to attend a free workshop next week on ways to build personal resilience.

The Canadian Mental Health Association Windsor-Essex County Branch (CMHA-WECB) is presenting “Invest in Yourself” on Monday, May 4th for free at the 1400 Windsor Ave. office.

“The workshop is an educational offering that will focus on tips to build resiliency,” explains Patti Lauzon, CMHA-WECB director of advancement. “We want to offer this opportunity to our community as we realize this is a difficult time for many in our area.”

Invest in Yourself will offer information focusing on four areas of life aimed to help build personal and collective resilience. The workshop was developed by CMHA-WECB’s national office and is sponsored by Desjardins Financial Security.

The event is part of Mental Health Week (MHW) which runs from May 3rd to May 9th and features a number of events for the community focused on improving mental health.

The week kicks-off with “Spring Into Action” a walk/run to benefit CMHA-WECB’s prevention programs. It will take place on Sunday, May 3rd, at the Vollmer Complex in LaSalle beginning at 9 a.m. The week also includes the annual vigil for those bereaved by suicide and the agency’s annual general meeting. All of these events can be found on the agency web site at www.cmha-wecb.on.ca.

“Invest in Yourself” is free but participants are asked to register in advance at 519-255-9940.

This national awareness week provides Canadians with many opportunities to find out more about the importance of mental health, and how to achieve it in our daily lives. CMHA branches throughout the country devote this week to educating the community and reaching out to consumer of mental health services.

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For more information about Mental Health Week activities please contact Patti Lauzon, Director of Advancement at 519.255.9940 ext. 224.

www.cmha-wecb.on.ca.

“Mentally healthy people in a healthy society.”