

Canadian Mental Health Association Kingston - Branch



Canadian Mental
Health Association
Association canadienne
pour la santé mentale



United Way
Centraide
Member Agency
Organisme Membre

THIRTY-SIXTH ANNUAL GENERAL MEETING

Tuesday, April 14th, 2015

7:00 pm - 9:00 pm

Ongwanada Family

Resource Centre

191 Portsmouth Ave.

Need more information,

Call: 613-549-7027



OUR GUEST SPEAKER

ELIZABETH O'CONNOR

Elizabeth is a proud mother, wife, daughter, and mental health advocate for women and children. She manages her anxiety disorders and depression with the support of her therapeutic dog "Gracie". Elizabeth will be speaking on mental health, stigma, invisible disabilities, and acceptance.

Light refreshments will be served.

The Canadian Mental Health Association-Kingston Branch 2014-2015 Annual Report

Our Mission Statement: The Canadian Mental Health Association-Kingston Branch is a community based volunteer organization dedicated to enhancing, promoting, and restoring the mental and emotional well-being of all individuals. We strive to do this through public education, advocacy, social action, community development and direct service.

36th Annual General Report for the Canadian Mental Health Association-Kingston Branch

A Message from the Executive Director

And that is how change happens. One gesture. One person, One moment at a time.

– Libba Bray, The Sweet Far Thing

This year has been a year of change in more ways than one. In July of 2014 we moved to the north end of Kingston to a brighter space with new possibilities of collaboration with existing services and expanding our capacity to reach people with diversified needs. We shared our open house celebration with our neighbours “The Sexual Assault Centre” having dignitaries such as Sophie Kiwala, MPP for Kingston and the Islands and the Honourable Major Mark Geretsen. We thank everyone who attended and who welcomed us into the neighbourhood.

The Canadian Mental Health Association-Kingston Branch continues to enhance the services of our community through the dedication of our board, staff, volunteers, student placements, and our valued partnerships. We are fortunate to be funded by the United Way to deliver vital services to the community. “Mental Health Matters” gives substance and direction to our programs to be creative in addressing community needs that follow our strategic plan, that allow us to be flexible, and by implementing programs that support early identification, prevention and interventions to deal with children, youth and adults who are at risk of or living with a mental illness.

The Community Foundation for Kingston and the Area provided funding to deliver “Friends for Life”, a program about preventing childhood anxiety and depression through the application of firm cognitive behavioural principals and the building of emotional resilience. Sandy Vincent, our certified “Friends for Life” facilitator shared her skills and expertise in facilitating the groups and by training students on placement.

Sandy implemented “Living Life to the Full” a pilot project sponsored by the Ontario division of the Canadian Mental Health Association last year in collaboration with the Seniors’ Association. Living Life to the Full is a 12-hour, eight-week course offered in a group format. The course sessions were 1.5 hours each week. Sandy, used small group activities to identify and to work on improving feelings, moods, and behaviours. Through a Community Investment Fund Sandy is continuing to teach the program with one of our new partners, Fairmount Homes. Thank you to the Community Investment Fund, a fund by the collaboration of the United Way and the City of Kingston.

THE CANADIAN MENTAL HEALTH ASSOCIATION – KINGSTON BRANCH 2014-2015 ANNUAL REPORT

In June of 2014 the Canadian Mental Health Association-Kingston Branch held their final Andrew Trudeau Golf Tournament in celebration of the tournaments 10th Anniversary. Thank you to our dedicated sponsors, donors and committed golf players. The fundraiser supported programs and services of our agency totaling approximately \$100,000 over the years.

The fundraiser for 2015 was initiated and coordinated by our Board President, Arlene Aish who led board members and volunteers to a resounding success in our “Women and Wellness” event. We were fortunate to have Rona Maynard, former Editor-in-chief of Chatelaine Magazine. She shared her story of her victory over depression, proving that a history of mental illness is no barrier to joy or success. Rona’s advocacy won her the National Champion of Mental Health Award, one of many prestigious awards. Thank you to Arlene Aish, Dallis Smith, Hart Freedman, Robin Bradley, Sherry Lachine, Helping Hands of Queens’ University, community volunteers and the staff and students of CMHA for your diligence in planning an event that resonated with the 216 attendees.

The Canadian Mental Health Association-Kingston Branch is motivated to expand community capacity, to deliver programs that build resilience for children, youth and adults and to provide resources for people in need of services for support. Our branch strengthens our mission statement by our educational components in dealing with the stigma of mental illness, stress management, suicide intervention, mental health first aid, psychological health within the work environments and other issues dealing with mental health. CMHA strives towards **Mental Health for All** and integrates a United Way slogan of “**Change Starts Here**”.

Brenda Miller

Executive Director

Board Members

President:	Arlene Aish
Vice-President:	Bill McKeough
Treasurer:	Jeff Shaw
Secretary:	Dallis Smith

Board Directors

Dick VonBriesen
Jackie Powell
Mark McDonald
Hart Freedman

Clinical Staff: Sandy Vincent

Clinical Students: Lisa Marie Hogeboom, Madison Dorling,
Aleisha Marchant, Christine Podzhun
Danielle Cameron, Meghan Shaver

3-400 Elliott Ave., Kingston ON K7K 6M9 Tel: 613-549-7027 Fax: 613-549-7098
Email: cmhstaff@kingston.net Web: www.cmhakingston.blogspot.ca

Our Mission

The Canadian Mental Health Association – Kingston Branch is a community-based voluntary organization dedicated to restoring, enhancing and promoting the mental and emotional well-being of all individuals. We strive to do this through public education, advocacy, social action, community development and direct service

Our Vision

We are a society which respects the dignity of individuals and enhances their mental health and emotional well-being.

Our Goals

- To promote mental health and contribute to the prevention of mental illness.
- To maintain and enhance our volunteer program.
- To promote acceptance and empowerment of individuals with mental health issues.
- To advocate for improvements in the mental health system and liaise with other mental health service providers, consumers and the community throughout Frontenac, Lennox and Addington.
- To enhance branch governance and administration.

Our Values

Client/System Focus:

Promotion and Prevention

We value the importance of the promotion of mental health and the prevention of mental illness.

Partnership

We view participation and partnerships as essential to realizing our goals and objectives. Partnership is dependent upon shared values and the co-operative efforts of all those working towards a responsive and accessible mental health system. Important partnerships include consumers/survivors, families, service providers and the community.

Community Integration

We are dedicated to removing the barriers that prevent people from fully participating in the life of the community. Community integration of all people is an essential prerequisite to the development of healthy communities.

Access to appropriate and adequate resources and supports

We believe that people require friendships and other informal supports. When formal supports are needed, people should be able to choose from a comprehensive range of mental health programs and services without undue delay and as close to their home community as possible.

Social Justice

We believe that social justice includes a commitment to a basic sense of fairness, a respect for differences among people, and that every human being deserves an equal opportunity in life.

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Governance/Operations

Governance and Accountability

The Kingston Branch is guided by our shared mission, values, goals, objectives, and is open to the highest standards of public scrutiny. As a charitable organization, we are committed to using our funds responsibly.

Excellence

We are committed to developing and maintaining the highest possible standards of management and operation to ensure that programs and services meet the needs and expectations of the community.

Integrity

We believe that our day-to-day work must be true to our shared values and beliefs, dedicated to promoting public trust and a sense of confidence within our organization.

Self-determination

We respect differences among people with the right of every individual to make choices based on individual preferences. Basic to self-determination is the right of people to be involved in decisions that affect their lives.

Creativity

As an organization we promote innovative ideas and new ways of doing things that can assist in changing attitudes and meeting needs in the community.

We believe that our day-to-day work must be true to our shared values and beliefs, dedicated to promoting public trust and a sense of confidence within our organization.

Annual General Meeting

Date: Tuesday April 14th, 2015

7:00 pm

Ongwanada Family Resource Centre

191 Portsmouth Avenue

AGENDA

Chair: Bill McKeough

1.	7:00 pm	Welcome and Opening Remarks	Bill McKeough
2.	7:05 pm	Review and Approval of Agenda	Members
3.	7:10 pm	Approval of Previous Meeting Minutes – April 2014	Members
4.	7:15 pm	Approval of Agenda	Members
5.	7:30 pm	President's Remarks Approval of Board of Directors 2014-2015	Arlene Aish
6.	7:40 pm	Treasurer's Report Appointment of Auditors	Arlene Aish
7.	8:00 pm	Branch Report	Brenda Miller

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8.	8:05 pm	<p>Guest Speaker – Presentation</p> <p>Elizabeth is a proud mother, wife, daughter, and mental health advocate for women and children. She manages her anxiety disorders and depression with the support of her therapeutic dog “Gracie”. Elizabeth will be speaking on mental health, stigma, invisible disabilities, and acceptance.</p>	Bill McKeough
9.	8:25 pm	<p>Volunteer Recognition Awards</p>	<p>Brenda Miller</p> <p>Jackie Powell</p>
10.	9:00 pm	<p>CLOSING REMARKS and ADJOURNMENT</p>	Members

Canadian Mental Health Association
 Annual General Meeting
 Minutes, April 24th, 2014

In Attendance: Brenda Miller, Arlene Aish, Bill McKeough, Dick von Brieson, Jackie Powell
 Dallis Smith, Michael Borges, Sandy Vincent, Brad Fleur, and the general public.

1.0	Welcome	Bill McKeough called the meeting to order at 7pm and welcomed everyone to the 35 th general annual meeting.
2.0	Review and Approval of Agenda	Motion: To approve agenda as presented. Dallis Smith seconded by Dick von Brieson. Carried.
3.0	Approval of Annual General Meeting Minutes of April 18th, 2013	Motion: To approve the April 18th, 2013 meeting minutes. Jeff Shaw seconded by Arlene Aish.
4.0	President's Remarks and Business Arising	Branch president Arlene Aish extended a warm welcome to everyone present and presided over the following points of business: The resignation of Katharine Ham, Laurel Amey, Sylvia Poetschk, and Jessica Ward-King from the board of directors; Requested nominations for new members to the board of directors. No nominations were offered; Motion: To approve the slate of Board Directors for 2014-2015. Arlene Aish seconded by Dick von Brieson. Carried. Motion: To approve a number of revisions to the Branch by-laws. (Please find list of revisions attached). Moved by Arlene Aish seconded by Bill McKeough. Carried. Announced the relocation of the Kingston Branch on July 1 st , 2014 to 400 Elliot Street on the corner of Division and Elliot.
5.0	Branch Report	Brenda Miller thanked the United Way for their continuous financial support to the branch's core programs and services. She expressed appreciation: For the generous donations by the Vanhorn family which enabled the Branch to offer <i>Friends For Life</i> , a program for children between the ages of 8 to 12 at risk for living with depression and anxiety; To the students who volunteered to help with the marketing of Mental Health by keeping the face book pages updated; To all funders for their support. Brenda spoke briefly about many of the new and successful programs offered by the branch over the past year: Intergenerational Project: Youth and seniors met and participated in stimulating interactive activities, discussions and social awareness exercises which increased their social awareness of the beliefs, attitudes and needs of

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		<p>each other;</p> <p>Living Life to the Full: A pilot program which presents a 10 week cognitive behavioural approach to getting the most of the senior years. Staff member Sandy Vincent received certification and runs the group at the local Seniors' Centre;</p> <p>Please Listen: A six week series of group discussions for children at risk of experiencing mental health issues.</p> <p>Public Education: A program that promotes understanding of mental illness.</p> <p>Mental Health First Aid: A training program that teaches people how to respond to those in mental distress.</p> <p>Bill McKeough expressed appreciation for the contributions received from Community Bingo.</p>
6.0	Treasurer's Report	<p>Jeff Shaw provided the membership with financial statements for the year ending January 31st 2014.</p> <p>Jeff asked if anyone had any questions or comments.</p> <p>Motion: That the audited Financial Statements for the Fiscal year be approved as presented: Moved by Dallis Smith and seconded by Jackie Powell. Carried.</p> <p>Motion: That Seckor, Ross and Perry be appointed auditors for the fiscal ending March 31st, 2014.</p> <p>Moved by Arlene Aish and seconded by Bill McKeough. Carried.</p>
7.0	Entertainment	<p>The New Mentality Group: A group of young people who having dealt with mental health issues in their own lives are now taking their stories into schools with the intention of reducing the stigma of mental illness.</p> <p>The four young people – Savannah, T.J., Chris and Beth led us, the older audience, through two physically active and fun interactive games: a confessional bingo, requiring recollections of our 16 year old selves and a web building exercise constructed through individual disclosures of one action or decision each of us took to make our lives better.</p> <p>Later in the evening each young person told us about their personal struggles with mental health issues and the changes they made to improve their lives. Brenda thanked the group for the message of hope of recovery they offer to others who are struggling with mental challenges.</p> <p>Sandy Vincent presented the group member with a piece of collaborated art - created by senior and youth members of the Intergenerational Group.</p>
8.0	Volunteer Recognition Awards	<p>Volunteers were presented with a certificate of appreciation for their support of CMHA programs and services throughout the last year.</p>
9.0	Closing Remarks and Adjournment	<p>Bill McKeough thanked everyone for attending the Annual General Meeting.</p> <p>Motion: Moved by Dallis Smith and seconded by Jeff Shaw to adjourn the meeting. Carried.</p>

The Canadian Mental Health Association-Kingston Branch Programs and Services:

Please Listen:

The Please Listen Program is a six-week series of interactive group discussions and activities for children at risk of experiencing mental health problems. The purpose of this program is to provide...

A safe learning experience for personal growth

A safe place where children feel empowered to share their feelings; opinions and ideas more openly, and at the same time, learn vital coping skills in their everyday life:

Stats

Participants.

Autism Based Groups including Siblings of Autism. Partnered with Autism Ontario Kingston

82.3% identified skills and strategies to increase social interaction

86.7% increased sense of accomplishment in working through problem solving issues.

81.5% improved access to information and effective supports (including families, caregivers and educators).

83.1 % participants identified differences of feelings. (Sad, happy, angry)

Friends for Life

91.2% indicated increased learning in how to deal with anxiety with support from their parents/caretakers

Kids on the Block & The Jelly Bean Gang:

We offer free puppet shows to local schools, daycares and other organizations working with children. The shows cover mental health issues such as bullying, caring & sharing and building self-esteem for children between the ages of six and twelve.

The Jelly Bean Gang is for younger children.

Stats:

786 children participated in the Kids on the Block.

29 Volunteers increased their knowledge and skills through training by implementing Children's Mental Health Programs.

26 trainings for Kids on the Block

Youth Engagement:

Youth Engagement supports young people, 12 – 30, who are encountering mental health barriers as well as struggling with the day-to-day challenges of teen life. The program is youth driven. It's for youth and by youth. It offers peer-to-peer support groups as well as public education workshops for youth around mental health.

Stats:

86.6 % indicated a sense of belonging and contribution to the community.

91% increased strategies in breathing and relaxation for anxiety.

Public Education and Information & Referral

The Public Education program promotes understanding of mental illness and raises awareness of factors that contribute to mental health. Increased understanding helps individuals to make decisions that promote mental health and increases acceptance of people with a mental illness in the community. Our public education sector is responsible to initiate, coordinate and/or facilitate educational activities designed to improve attitudes towards mental illness, promote mental health and prevent mental illness.

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Every day in communities, people begin a difficult and sometimes desperate search for an agency that will provide information, a referral or support in dealing with a mental health crisis. Contact is made through telephone calls, e-mails or walk-ins into our office. Staff and volunteers of the CMHA are trained to assess the needs of the inquirer, identify appropriate resources, assess appropriate response modes, indicate organizations capable of meeting those needs and provide enough information about each organization to help inquirers make an informed choice.

Mental health awareness displays coordinated with community events and corporations and shared fact sheets, brochures, and mental health strategies for specific mental health problems.

Stats

Emails: 3,350 coupled with 1,437 calls out.

Referrals: 2899 with at least three choices to make an informed choice.

Visits to the resource centre: 164

Walk-ins: 94

93% of the participants learned new skills to support individuals living with a mental illness and the support services to access within the community.

Workshops (1-2 days in length).

Presentations: 1-4 hrs.

Groups: 4-6 weeks in length, 2 hrs. each.

Improved knowledge and skills to identify symptoms and risk indicators of suicide intervention, self-harm, working with difficult and diverse people, anger management, grief and loss.

78% improved knowledge and skills in recognizing the symptoms of mental illness and how to deal with the stigma of mental health.

81 % improved access to information and effective supports (including families and caregivers).

1387 participants

Presentations: 29

Trainings and Workshops: 31

Information Provided: 2767

Suicide Survivor Support Group

Support groups are one of the best ways to help survivors of suicide dealing with a loss. In a group, survivors can connect with other people who share the commonality of the experience. Counselling is also encouraged in addition to a support group when complicated grief is reflected as part of the grieving process.

96% of the participants indicated that the group supported them in dealing with the devastating loss of a family member/friend /coworker who died by suicide. Indicated that it was the first time they talked about feelings of anger, shame and guilt.

99% of the participants identified feelings of acceptance, of safety in expressing feelings of grief within the group environment, and the sense of trust to talk about the devastation of the loss through suicide. (non-judgmental).

92% of the group members decreased their feelings of shame by sharing experiences and hearing other members' experiences that were similar. "The sharing of experiences was a therapeutic process in working through the healing process. Healing is always ongoing but in different stages".

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Peer Support Group

Creating safe places where people in the same situation can learn from guest speakers; talk freely with one another, exchange ideas and experiences.

Stats

99% of the weekly peer support group improved social interactions by attending every week.

98% increased skills to deal with stigmatizing remarks from others, learned new tools to feel productive every day, and to make a wellness recovery action plan.

Thank you Jeff Shaw, our volunteer facilitator for his skills, expertise and dedication.

Art Connect

Our agency partnered with the Independent Living Centre and In From the Cold to offer our Art Connect program to participants who live with mental and physical disabilities. Thank you to Iva Speers and Zelda Silver Endowment Fund for this program. Art displays can be seen at the Independent Living Resource Centre.

Volunteer Program: A Big Thank You to our Volunteers

Volunteers are an integral part of our agency. At CMHA a person can volunteer in multiple ways such as a Board member, children's mental health, administrative support, community fairs, support groups, and workshops. Learn and grow with us. Volunteers help others, increase their skills and make great connections in the community every day in our volunteer program.

Stats

177 Volunteers

102/107 or 96 % of the volunteers increased knowledge and skills in planning, organizing and implementing an event regarding mental health.

(6216 hours)

Volunteers increased self-esteem, group leadership roles, community connections, team work, role development, and group outreach by being part of our programs and services.



Talking About Mental Illness (TAMI)

TAMI is a school-based awareness program that educates youth about the stigma that is often associated with mental illness. The program provides community partners and educators with effective tools to increase awareness about mental illness and reduce the stigma associated with it. The co-ordination of services is provided by Providence Continuing Care and their Mental Health Services.

Partnerships

The Canadian Mental Health recognizes the importance of partnerships in accomplishing our goals. Last year we partnered with approximately 30 different groups that enhanced our programs and services within our catchment area.

Peers of the Round Table, St. Lawrence College, Queen's University, Laurention University, Kingston Learning Centre, Kingston Literacy Program, Kingston and Frontenac Housing Corporation, Independent Living Centre, Academy of Learning, Union Gas, Ministry of Health and Long Term Care, Frontenac Community Mental Health & Addiction Services, Pathways for Children, Kingston Community Health Centre, Fleming College, Algonquin & Lakeshore District School Board, Limestone District School Board, Helping Hands, (Queen's University), Mental Health Support Network, The New Mentality Group, Bell Canada, Front the Frontenac's, Elizabeth Fry, Correctional Service, Military Base, The Sexual Assault Centre, Seniors Association, Ontario Provincial Police Services, and the ADHD Parent Support Group.

Funders

United Way, Kingston Community Foundation, United Way and the City of Kingston, The Canadian Mental Health Association-Ontario Division, Iva Speers and Zelma Silver Endowment Fund.
Thank you.

Donations/Fundraisers

Andrew Trudeau Golf Tournament, Women and Wellness Event, William Vanhorn Memorial Event, Helping Hands, Queens University, Bell Canada, Canada Helps, Lung Association, Britton Smith Foundation, St. Lawrence College, Marketing Group, and the donations received throughout the year in memories of a loss of a loved one.

A big thank you to our funders, donators and volunteers who supported the Canadian Mental Health Association-Kingston Branch throughout the year.



Motions

1. Approval of Agenda

Motion: That the Agenda for the 2014-2015 Annual General Meeting be approved as circulated.

2. Approval of the 2014-2015 Annual General Meeting minutes:

Motion: That the minutes of the 2014 Annual General Meeting be approved as circulated.

3. Financial Report

Motion: That the financial report be approved as presented to the membership.

4. Appointment of Auditors for 2015-2016

Motion: That Seckor, Ross and Perry be appointed auditors for the fiscal year ending March 31, 2016.

5. Board of Directors

Motion: That the following slate of directors be approved:

Bill McKeough	Vice President
Mark McDonald	Treasurer
Jackie Powell	Secretary
Dick Von Briesen:	Board of Director
Hart Freedman:	Board of Director

Thank You!



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CANADIAN MENTAL HEALTH ASSOCIATION, KINGSTON BRANCH

STATEMENT OF OPERATIONS YEAR

ENDED MARCH 31, 2014

	<u>2014</u>	<u>2013</u>
Revenues		
Grant, United Way allocation	\$ 43,456	\$ 43,456
Grant, United Way - one time	15,560	440
Grant, Ministry of Promotion	-	5,651
Grant, New Horizons	9,088	207
Grant, Aware	1,650	3,300
Grant, Autism Foundation	365	6,794
Grant, TAMI	2,710	2,195
Grant, Canada Post	-	20,662
Art program	2,667	546
Raffles	1,415	
Golf Tournament	13,120	
Community Foundation	1,846	
Vanhorn Fund	1,838	1,632
Other (schedule)	43,115	54,900
	<u>136,830</u>	<u>139,783</u>
Expenses		
Accounting and audit	6,762	6,477
Advertising	140	548
Bank charges	45	99
Books and periodicals	550	630
Computer services	473	816
Dues, fees and subscriptions	2,256	1,500
Employee benefits	6,941	3,176
Employment support program (note 7)	7,971	-
Insurance	19	1,246
Investment management fee - endowment fund	1,761	1,658
Meetings	14	51
Office supplies	2,886	4,933
Rent and utilities (note 10)	14,994	15,021
Salaries and benefits	44,911	38,500
Special projects (note 7)	32,595	55,757
Telephone	1,485	1,661
Training and conferences	1,251	2,317
Travel	362	1,681
Volunteer training	4,892	5,946
Workshops	5,788	23,525
	<u>136,096</u>	<u>165,542</u>
Excess (deficiency) of revenues over expenses before the undernoted items	734	(25,759)
Unrealized gain on endowment investments	8,690	4,266
Excess (deficiency) of revenues over expenses for the year	<u>\$ 9,424</u>	<u>\$ (21,493)</u>

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Thank you to everyone who attended this event, to our volunteers and organizers.

Thank you to our sponsors, supporters and the many businesses
and individuals who donated auction items.

Sponsors

Bank of Montreal

VIA Rail

Atlantic Lottery

Haven Home Climate Care, Frontenac Club Inn, Knit Traders of Kingston

Thank You Donors

Alchemy House Jewellery, Amaranth Stoneware, Avenue Florist

Bagot Leather Goods & Luggage Plus, BELL, Catherine Bell, Barbara Bennett,

Beardall Animal Hospital, Blossoms Florist & Boutique

Robin Bradley, James Brett - Coiffure, Aesthetics & Spa

Camera Kingston, Canadian Tire-Cataraqui, Cataraqui Centre, Cha Cha Tea

Chartreuse Flower Works, Mary Chantrill, WTJ Cook, Cooke's Fine Foods and Coffee

Brian and Nancy Cosgrove, COSTCO Wholesale-Kingston

DAVIDsTEA, Dynamic Designs Salon-St Lawrence College

ECHO Hair Studio, Expressions Fashion Boutique, Farm Boy

Hart Freedman, Georgette Fry & Shout Sister Choir

Joanne Gervais, Gracie's Clothing, Hats and Accessories

Heather Haynes Gallery, Whitney Haynes Designs,

Hendrix Restaurant Equipment and Supplies, Yvette Hsieh (potter)

In Bloom Floral & Home Decor

Women and Wellness Event

Kingston's Flower Mart, Kingston Olive Oil Company

Kingston 1000 Islands Cruises, Kingston Mills Veterinary Hospital

Kingston Symphony Association, Knit Traders of Kingston

Sherry Lachine, L A Z BOY Furniture Gallery, Level 6

Lush Nails and Beauty Lounge, Loblaws Midland, Loblaws Princess

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Maison Paul Coiffure, Gary Matthews

Wanda McCumber-Enchanted Gardens, metro Bayridge

National Ballet of Canada, Neil's Flowers

Florence Niven - Fused Glass Designs, Novel Idea

Ottawa City Rafting-Wilderness Tours

Pam's Flower Garden, Pearl's Gifts & Sweet Shop, PHARMASAVE - Gananoque

James Reid Funeral Home, Reid & Siemonsen Design Group, Resources Thru Fundraising

Sawdust and Glass, Liz Shell, Shoppers Drug Mart Bayridge

Sigrid's Natural Life, Britt Smith, Peter and Dallis Smith

Starlet Boutique - Napanee, Sterling Jewellery, Stinson Studios

Taggart Group of Companies, Taylor Studio, TD Wealth

The Amber Room, The ANNEX Spa, The Body Shop

The Grand Theatre, The Screening Room

The WORKS Gourmet Burger Bistro, Thousand Islands Playhouse

Wilton Cheese

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