



Children First

Children's Centre Foundation Bulletin



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Summer Edition

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Summer is finally here, and we hope that you are enjoying this beautiful season! The Children's Centre Foundation has been keeping busy planning fundraising events, developing marketing and public education plans, and preparing for our annual Grand Kam Canoe & Kayak Tour. On June 14, 2008 we held a raffle draw at Wilderness Supply Co. for some fantastic prizes: 1st Prize was a new sea kayak with rudder, courtesy of Wilderness Supply Co.; 2nd Prize was a Frisky Fox Package courtesy of White Fox Inn; and 3rd

Prize was an overnight stay at the beautiful main lodge units at Mink Mountain, courtesy of Mink Mountain Resort. We would like to genuinely thank everyone that supported our raffle and our Foundation. Your generosity helped to raise over \$1,200! Congratulations to all of our winners, including Laurie Dowton, the lucky winner of the new sea kayak! If you are a paddler, don't forget to register for the

Grand Kam Canoe & Kayak Tour, August 30, 2008 at Fort William Historical Park. Everyone is welcome!

Below (left to right): Bryan Grendon of Wilderness Supply; Laurie Dowton, our grand prize winner; Tom Walters, Executive Director.



What Have We Been Up To?



New Website for Foundation



Grand Kam Postponed Due to River Conditions



Call for Volunteers



*The Grand Kam
will be held on
Saturday August
30th at Fort William
Historical Park.*



New Website for Foundation

After much anticipation, the new website for the Children's Centre Foundation Thunder Bay has gone live! We are pleased and excited to invite you to check us out online at our new site. Contact us for information, apply to be a volunteer, or just find out about what's coming up next.

Stay tuned for Foundation updates, special events, volunteer opportunities, new projects, copies of our newsletter, and more. Make the Children's Centre Foundation site one of your favourites today!



www.childrenscentrefoundation.ca

Grand Kam Date Postponed

Thunder Bay has seen it's share of rain this summer. Because of this, water levels have been high, and paddling conditions were not ideal. For these reasons, the Foundation's Grand Kam committee made the decision to postpone the annual Canoe & Kayak

Tour until **Saturday August 30, 2008**. All of the race and course information will remain the same, and we are planning for an enjoyable afternoon at Fort William Historical Park. The Tour will consist of a 5km tour and a 20km marathon. Beginners and experts alike are

welcome, and we invite the public to come out, enjoy the day and cheer on the participants! For more information, please visit

www.childrenscentre.ca, or call Laura at (807)343-5012.



Call for Volunteers

The volunteers of the Children's Centre Foundation are amazing! They work tirelessly to raise funds and awareness for children's mental health in our community, giving their time and energy for a cause they truly

believe in. A big **thank you** to all of our volunteers. We are seeking additional enthusiastic volunteers to join us in our Foundation's efforts. Whether it is for just one event or many, we need your support! All of the

funds we raise stay right here in our community and benefit Children's Centre Thunder Bay, and the children, youth and families that are served by CCTB. For **information on how you can get involved, please call Laura at 343-5012.**



Recent & Upcoming Events

Throughout the year, the Foundation takes part in a variety of events. As always, our special event committees are comprised of volunteers. If you are interested in volunteering, we welcome you to call 343-5012.

Coming up on **August 30, 2008** is the **Grand Kam Canoe and Kayak Tour**. Event forms are available now at www.childrenscentre.ca. Participants may paddle

alone or in pairs in the 5km Tour or 20km marathon. Everyone is welcome, from beginners to experts and everything in between! Join us for a great day on the water, or come to cheer on participants, enjoy music, food and an exotic pet display.

Mental Illness Awareness Week is **October 5-11, 2008**. The Thunder Bay Mental Health Network has activities planned during that week, including the second annual "Brainwaves Coffee-

house". This empowering evening features mental health consumers/survivors showcasing their talents, inspire others, and celebrate strengths. Last year's performances included poetry, art, singing, musical instruments, and more. We had a full house, and are looking forward to this event on Friday **October 10, 2008** at the Prince Arthur Hotel's Dawson Room. Stay tuned for more information, or visit www.mentalhealthnetwork.ca



Presenting...DEAL!

DEAL: Developing Engaged Adolescent Leaders

DEAL was created to be the voice for youth around mental health in Thunder Bay. Our goals are to (1) Educate our peers with information through conferences, resources, and workshops, (2) Assist our peers to get involved in reducing stigma and connecting to opportunities that will improve city youth mental health, and (3) Speak to youth in the community of Thunder Bay by creating a youth-driven network that

reduces the stigma around young people's mental health.

We use a youth-to-youth approach emphasizing peer support. We are advised by adult allies and encompass a range of topics by exploring how people deal with the issues of anxiety, addiction, depression, suicide, and body image.

I like how DEAL is inclusive and involves everyone in the process of developing our action plan and guiding the group to success.

It is a pilot project and our Multicultural Youth Centre has gotten involved because we think it can provide sustainability to youth mental health initiatives and connect local efforts in the community.

*-Pauline Fogarty,
Member of DEAL,
Multicultural Youth Centre,
Taking IT Global*



A Message from our President

The progress of the sun this summer is similar to the progress of our Foundation - slow but sure. It gets better day by day.

The Board and the Fundraising Committee had an excellent joint meeting in June where we reaffirmed our direction and commitment to the children and young families in Thunder Bay who face issues of mental health.

We are looking for new ways to raise funds, new volunteers to bring their expertise and new energy to fulfill our dreams of a vibrant Foundation.

Most importantly, an big, heart-felt 'thank you' to everyone who has helped to make this Foundation a reality. You are a great group!

I want to wish everyone a happy, healthy summer and look forward to seeing you in the fall.

Evelyn Bradley

President,
Children's Centre Foundation Thunder Bay



Board of Directors

We would like to thank our Board of Directors for their dedication to making our Foundation a success. We are proud to have the following sit on our Board:

Evelyn Bradley

Jill Johnson

Steve Melnik

Glenn Brassard

Don Morrison

Sue McCartney

Tracy Tieman

Joe Salini

President

Vice President

Secretary/Treasurer

Director

Director

Director

Director

Director



Children First



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