



Children First

Children's Centre Foundation Bulletin



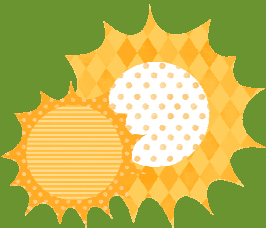
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SUMMER

2009

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Grand Kam Canoe & Kayak Tour

It's that time of the year again! Time for the fifth annual Grand Kam Canoe and Kayak Tour. The event will be held at Fort William Historical Park on Saturday, August 22nd. This year there is an exciting new addition to the tour—along with the 5km leisure tour and the competitive 20km marathon, we have added a 10km tour. There is now truly something for everyone!

Currently we also have our Grand Kam Raffle going on— with 3 great prizes! A Current Designs Breeze Kayak courtesy of Wilderness Supply Co., Frisky Fox Package from The

Whitefox Inn and an overnight stay at Mink Mountain Resort.

The event will begin at 10AM. Paddlers can either pay a \$30 entry fee or collect a minimum of \$30 in pledges.

There are also some great prizes for the top pledge collectors— including a trip for two anywhere Westjet flies!

Registration and pledge forms are available at Wilderness Supply Co., Chaltrek Ostrom Outdoors and Children's Centre at 283 Lisgar St. If you would like more information on participating in this event, or if you are interested in volunteering, please contact our Foundation Fundraiser at (807)343-5019



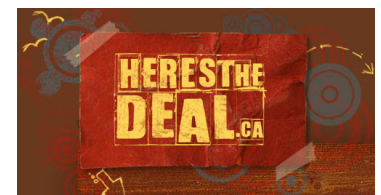
What Have We Been Up To?



Children's Calendar
Drawing Contest



Prom '09: Come Relive
Highschool Awkwardness



HeresTheDeal.ca

Children's Calendar Drawing Contest

Currently at Children's Centre Foundation we are holding a Children's Calendar Drawing Contest. This contest is open to any children in Thunder Bay ages 4 through 12. They can choose to draw any type of picture they like. A panel of judges will then choose the top 12 pictures and those pictures will be pub-

lished into a calendar. The children are also eligible to win some great prizes. Months of the calendar are currently being sold to businesses within the community as an advertising opportunity with the business logo on the calendar month they purchase. The calendars will then be sold as a fundraiser for the

Foundation. The contest closes at the end of August. Entry forms for the contest are available at Children's Centre on Lisgar St. If you would like information on purchasing a month of the calendar you can contact our Foundation Fundraiser at (807) 343-5019.



Facts about mental illness:

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- 20% of Canadians will personally experience a mental illness in their lifetime.
- The total number of 12-19 year olds in Canada at risk for developing depression is a staggering 3.2 million.
- Mental illness is increasingly threatening the lives of our children; with Canada's youth suicide rate the third highest in the industrialized world.

Sources: The Report on Mental Illness in Canada, October 2002, EBIC 1998 (Health Canada 2002), Stephens et al., 2001



Prom '09



Whether you loved it, hated it, or missed it... Come relive highschool awkwardness at Prom '09. Prom '09 will be held at the Slovak Legion on Friday, September 11th, 2009. The eve-

ning will consist of dinner, dancing, drinks and prizes. Tickets to the event are \$50 and proceeds support the Foundation. Some of the prizes include a trip for two anywhere

Westjet flies, professional poker chip set, gift certificates and more! Tickets are available at Ozone on Memorial and by calling (807) 343-5019, however, "prom attire" and age of majority are required to attend. event.

HeresTheDeal.ca

Do you want to learn about youth mental health? Do you have a child that you think may benefit from learning about mental health or emotional issues? Need answers? Well, Here's The Deal! Children's Centre Foundation has launched a new,

interactive, youth friendly mental health website. Developed with the help of our DEAL youth group, HeresTheDeal.ca has information, resources, links, a place to upload artwork and poetry, and more. Don't forget to check back, as this site will continue to be

updated. Visit www.HeresTheDeal.ca today, recommend it to a friend, or make it your home page!





Recent & Upcoming Events

The most recent events that we have held are the third annual Winesations event at Lot 66, and the Excalibur Grand Opening Barbeque.

Winesations was held May 4th at Lot 66 and was another successful event raising \$3500. The eve-

ning was enjoyed by all who attended. We would like to give a big thank you to all of our sponsors, and to Lot 66 for helping us make this sold out event such a great success yet again!

The Children's Centre Foundation held a barbeque at the grand opening of Excalibur Motorcycle Works on June 20th.

It was a beautiful day, and was a great experience. We would like to thank Excalibur for making us a part of their special day.

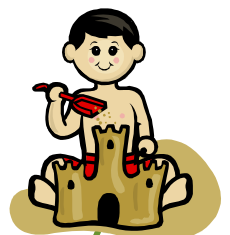


Mental Health Week 2009

May 4-10 marked another busy and very successful Mental Health Week in our community. This was a time to highlight mental health public education, and that is just what we did! The Mental Health Network produced an insert that went into the Chronicle Journal that provided mental health information, tips, and a list of over 30 FREE scheduled events offered throughout the community. This year's theme was "Now More Than Ever...Invest in Yourself". Our Foundation helped to put on some great events, including a **Parenting Without Force, Aggression or Threats** workshop that was open to the public. Some of our youth group members were a part of a **Youth Suicide Prevention Community Presentation**

at the Bora Laskin Building at Lakehead University, and they did a great job at providing youth perspectives on issues surrounding mental health and suicide. Younger participants got involved during the week, as well, as the grades 3 to 6 students we worked with in the **Circle of Wellness** project was wrapped up with an amazing celebration performance at the Bora Laskin Building. Students used various art forms, including music, written song, yoga, tableaux, creative movement and visual art to express what they have learned about mental health through this project. Our Foundation was also present at a free **Family Swim** at two local pools, at which we handed out healthy snacks and

mental health information. We also had an official **Mental Health Week 2009 Proclamation** with the mayor, and gained much media attention, including some wonderful radio interview with youth. Finally, all of the hard work of our DEAL youth group paid off at our **MINDBREAK conference** at Lakehead University. This was a full day conference, with participation from local high schools. Nearly 100 students came out to attend youth-led sessions, learn about different mental health topics, hear our keynote speaker, win fabulous prizes, and enjoy delicious food. A special thank you to all of our DEAL members, volunteers, teachers, social workers and schools. This conference was generously funded by the Ontario Trillium Foundation (OTF).





A Message From Our President

It has been a good year for the Children’s Centre Foundation. In addition to Laura’s successful projects with the Trillium grant, we have also secured a grant to hire Samantha for fundraising for our Foundation. We continue to balance our education and prevention activities with our fundraising, marketing and advocacy and we are making steady progress. I want to extend my personal thanks to Jill Johnson for her years of service and support to the Foundation, and I’m sure that she will continue to be a friend of the Foundation. I also want to thank the other directors for their help and support. Our continuing thanks go to Tom, John and Laura who give their time and expertise on a regular basis and we couldn’t do it without them. The agency board members and others in the agency staff have contributed to our success and we thank them as well.

I have a favourite quote from Margaret Mead that I would like to share with you: “Never doubt that a small group of committed people can change the world – it is the only thing that ever has”

- *Evelyn Bradley*

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 | <i>President</i> |
| Joe Salini | <i>Vice President</i> |
| Steve Melnik | <i>Secretary/Treasurer</i> |
| Glenn Brassard | <i>Director</i> |
| Don Morrison | <i>Director</i> |
| Sue McCartney | <i>Director</i> |
| Tracy Tieman | <i>Director</i> |
| David Facca | <i>Director</i> |

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