



Children First

# Children's Centre Foundation Bulletin



VOLUME 2, ISSUE 2

W I N T E R 2 0 0 8

## Winter Edition!

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We all knew the day would come when CBC Radio's Lisa Laco would finally turn 50. After holding at 49 for the past 3 years, the final Birthday Bash fundraiser was held on November 28, 2008 at the Da Vinci Centre. The night was filled with dancing to the Sensational Hot Rods, raffles, silent auctions and plenty of fun. This event raised \$5,500 for the Children's Centre Foundation. We would like to thank our generous sponsors, prize donors, fundraising committee, each and

every volunteer, all of our supporters, and of course, our honorary Birthday Girl, Lisa Laco! Also, a big thank you goes out to all of the staff and Board of Directors for your support and attendance. Those at the event will agree that Lisa's opening words were very inspiring, and we are proud to not only be

raising funds for our cause, but also raising awareness and addressing the stigma surrounding mental health issues. The 49 & Holding Birthday Bash has had a wonderful and successful run; we are proud to retire this event on a high note. Stay tuned for a new event to take its' place next year. Happy Birthday, Lisa!



## What Have We Been Up To?



**Mental Illness Awareness Week 2008:  
Celebrating our Strengths!**



**Foundation Selected for Community Action Project with Leadership Thunder Bay!**



*...It's Back!*

**Using the Arts to Educate Students about Mental Health.**



## Mental Illness Awareness Week 2008

October 5-8, 2008 was Mental Illness Awareness Week all across Canada. This is an opportunity for communities to raise awareness about mental illness, and address the stigma by which it is surrounded. Locally, the Mental Health Network selected the theme "Celebrating Our Strengths", in an effort to provide education, support, and recovery

based initiatives. Once again, **BrainWaves CoffeeHouse** was held at the Prince Arthur Hotel. It was a positive, empowering evening for those facing mental illness to have the opportunity to showcase some amazing talents, enjoy snacks and refreshments, and mingle with many wonderful people. From singing, to poetry and prose readings, musical instruments, paintings

and more, this evening was once again a huge success. A packed audience cheered on performers, while having the opportunity to learn about mental illness and recovery. Thank you to everyone involved and in attendance. What an amazing way to 'Celebrate our Strengths'! For information on National Mental Illness Awareness Week, visit [www.miaaw.ca](http://www.miaaw.ca).

## Leadership Thunder Bay

*Children's Centre Foundation is working with Leadership Thunder Bay on a Community Action Project.*



*Circle of Wellness: Discovering Mental Health Through Eye, Ear, and Mind Opening Experiences!*

Children's Centre Foundation Thunder Bay successfully applied to Leadership Thunder Bay for a Community Action Project. Each year, LTB students select a variety of community projects to undertake

for their curriculum. This year, one of the LTB teams will be working with our Foundation on developing our volunteer program. This dynamic group of community leaders are learning about our

agency and Foundation, and will be helping us to recruit new volunteers and provide an engaging, rewarding and active volunteer program. We look forward to continuing our work with the great members of LTB and are thankful for their support.



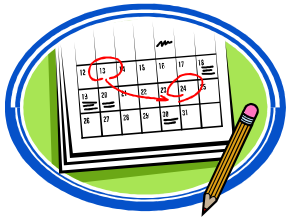
## Circle of Wellness



This year marks the 2nd Circle of Wellness program run by the Foundation. It is an exciting and creative way in which students in grades 3-6 learn about mental health and mental illness through the arts. This year, we have expanded to 5 local

elementary schools. Each classroom has a visit and introductory lesson on mental health/illness; following which, they meet with an artist. The class works together to create a piece of art – for example, song, dance, drama, creative movement, related to

what they have learned about mental health. During Children's Mental Health Week (May 2009), the students will come together for a large celebration performance to showcase their work. We are very excited to continue with this project due to its great success last year!



## Recent & Upcoming Events

Volunteers are critical to the success of our events. If you would like to get involved, contact us at (807).343.5012.

Our most recent event was the FINAL Lisa Laco 49 & Holding Birthday Bash event on November 28, 2008. It was a great

evening, raising a total of \$5,500 for our Foundation.

May 2009 brings much excitement: Mental Health Week (stay tuned for updates and a variety of fantastic FREE workshops), Thunder Bay's Youth Week, the Circle of Wellness Celebration Performance, and the For-Youth-By-Youth Mental Health Conference hosted

by 'DEAL' youth group members.



## DEAL!

**DEAL**—Developing Engaged Adolescent Leaders—is a Children's Centre Foundation youth group. This is an energetic, and creative group that has come together to learn and teach other youth about mental health and mental illness in our community. The group meets every second Monday, and we are always looking for new members! If you know a youth that would be interested, please contact Laura at 343.5012.

**DEAL** has identified 5 mental health topics that they think are important to youth: suicide, depression, anxiety, addictions and body image. The group is

continuing to learn about each of these topics, and will be planning an exciting youth conference for a number of students throughout the City. This is a for youth—by youth project, as peer to peer teaching has proven to be a very effective method for getting messages across to our important young audience. This is an opportunity to give students a voice; to be heard and supported (and get those volunteer hours!).

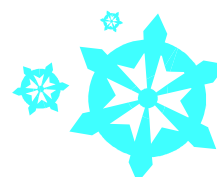
The conference is tentatively set for Children's Mental Health Week, which is the first week in May 2009. We are very excited!

**DEAL** is also online—we have a Facebook page, and are looking at starting

a website. This will be a site for **DEAL** to inform the community about what they have been up to, and post materials and sites that may be helpful to others seeking information on mental health topics.

**DEAL** is also collaborating with other youth groups in the community, including COW (Changing our World) and the Suicide Prevention Task Group.

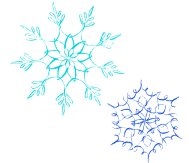
Additionally, **DEAL** will be doing presentations throughout the community for parents and youth. **DEAL** is part of an initiative called **Project LEAD**, which is generously funded by the Ontario Trillium Foundation.



 <p>When our family needed help, we were able to get it.</p>	 <p>I was glad to have somewhere to go when I was having a tough time.</p>
 <p>I feel much more confident, I still have problems but I'm way better at handling them.</p>	 <p>I found out that I didn't have to feel sad and alone.</p>
<p><b>Caring is everyone's responsibility.</b></p>	

**Do Something Amazing. Support the 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**

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