



For Immediate Release: May 29, 2017

Subject: Call for Nominations for Community Awards and Annual Tam Grant Bursary for the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR)

Each year at our Annual General Meeting, The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR) presents awards honouring the contributions and achievements people who work to improve the mental health of our community including volunteers, community leaders, individuals with lived experience of mental illness and their family members. CMHA HKPR is also pleased to invite applications for the annual Tam Grant Bursary, for students entering post-secondary education with a diagnosed mental illness.

CMHA HKPR is calling for submissions for the following awards:

The Achievement Through Adversity Award honours a client of CMHA HKPR services, or a survivor of mental illness, who has shown continued courage and tenacity in reaching their goals. In education, employment, volunteering, or through the tasks of daily living, this individual is a role model for others on the journey to a healthy life.

The Distinguished Service Award acknowledges the significant contribution volunteers make to our agency, by recognizing deserving individuals for their exemplary effort.

The Maurice Lovnes Award is presented to an individual or individuals who have volunteered with CMHA HKPR, and who have exemplified the following traits during the year: Vision, Dedication, Caring, Support and Commitment.

Caregiver Champion Award honours a family member or caregiver who has shown continued support to a person living with mental health issues.

Naresh James Award recognizes an individual who has championed critical issues, pioneered initiatives, and has achieved lasting impacts in support of those who live with mental health issues, as well as assisting their families and friends. This individual has demonstrated commitment to support individuals who live with mental health challenges through their leadership, advocacy, and perseverance.

Champion of Mental Health – CMHA HKPR acknowledges individuals or organizations that have made outstanding contributions in the community by supporting mental health. These contributions should support Knowledge, Hope and Belonging: the three pillars that form the foundation of our organization to enable Mental Health for All.

For nomination forms for the awards please visit <http://cmhahkpr.ca/awards/>

Tam Grant Bursary - Access to educational programs is one way for individuals living with schizophrenia or other serious and persistent mental illnesses to realize their own potential. The Tam Grant Memorial Bursary seeks to encourage and support these individuals as they pursue higher education.

Administration Office
(also Ontario Telemedicine/ Early Psychosis Intervention Services)

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ACCREDITATION CANADA
AGRÈMENT CANADA

For requests, our legal name is:
CANADIAN MENTAL HEALTH ASSOCIATION
HALIBURTON, KAWARTHA, PINE RIDGE BRANCH

Charitable Registration No. # 10686 3889



This bursary is offered in memory of Tam Grant. Tam was the son of the late Bill Grant, a local lawyer and municipal politician, and his wife Margaret. Tam played both hockey and basketball in high school, and was active in Sea Scouts. Curling and photography were the other two passions that rounded out this bright, funny and very musical individual.

During Tam's first year of university, he had difficulty dealing with the stress of exams, causing him to withdraw from school. He took a year off and then went on to attend another university to see if the change would make a difference. Unfortunately, Tam's challenges continued, and over the next several years he was in and out of treatment. Tam was eventually diagnosed with schizophrenia, but, sadly, after years of struggling with his illness, Tam took his own life in 1977 at the age of 32.

The lack of community supports at the time frustrated and saddened Tam's parents. It is for this reason that the Tam Grant Bursary was created to assist young people living with schizophrenia or other serious and persistent mental illness to pursue post-secondary education.

Tam Grant Bursary Details:

Bursaries are awarded each year at our Annual General Meeting for registration for the upcoming school year. The maximum amount awarded annually is \$1,000.00.

For this year's Tam Grant Memorial Bursary application please visit <http://cmhahkpr.ca/bursary/>

All award nominations and bursary applications must be received by **July 14, 2017**. Successful nominees and applicants will be presented with their award or bursary at the CMHA HKPR Annual General Meeting, which will be held on September 13, 2017 at the Peterborough Sport and Wellness Centre (775 Brealey Drive, Peterborough).

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For further information please contact Kerri Davies, Manager of Development at 705-748-6687 ext. 1048 kdavies@cmhahkpr.ca

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