

# Imagine...

## Mental Health for All

### Our First-Ever Change the Cycle: Changing the Cycle of Homelessness

On June 24th in Peterborough, the air was bright not only with sunshine but also with a community's commitment towards change. The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR) hosted its first-ever 'Change the Cycle' event, a cycling fundraiser with an ambitious goal - to transform the lives of individuals at risk of homelessness.

Originally kick-started with an astounding \$25,000 donation from the Community Foundation of Greater Peterborough, CMHA HKPR had its sight set on raising \$50,000. Participants of all ages enthusiastically hit the Rotary Trail. Whether participating in a 4k, 12k, or 26k ride, each rider knew they pedaled for a purpose.

At the end of the day, the community's pedaling power raised over \$40,000 for the innovative Garden Homes project – an initiative close to the heart of CMHA HKPR's Supportive Housing program.

The Garden Homes project aims to provide affordable, small homes for those vulnerable to homelessness. The project marks the first of its kind in the region.

The fantastic success of 'Change the Cycle' showed how much the community stands behind this trailblazing project.



Beyond providing shelter, the project recognizes the critical importance of stable, affordable housing for individuals living with mental illness. The homes will provide not just a roof over residents' heads, but also an anchor in their lives, supporting their mental health journey.

Without the backing of our generous community, 'Change the Cycle' and the Garden Homes project would remain concepts on paper. CMHA HKPR would like to extend our heartfelt gratitude to the Community Foundation of Greater Peterborough – your significant initial donation provided a robust launch pad for the event. Klusterfork Entertainment also donated proceeds from their most recent production, 'Schools Out,' to the event.

Thank you to our event sponsors, including our presenting sponsors Toms Heating & Cooling and Corus Entertainment's the Wolf 101.5, Global Peterborough, and 100.5 Fresh Radio. We would also like to thank Diamond Sponsor, CIBC Wealth – The Pyle Group, Gold Sponsor, AON Inc., and Silver Sponsors, Wild Rock Outfitters and Tim Nicholls Chartered Accountant.

To everyone who participated, donated, sponsored or contributed in any form – thank you.



**Canadian Mental Health Association**  
Haliburton, Kawartha, Pine Ridge  
*Mental health for all*

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# An Impressive Show of Empathy and Endurance: The 8-Hour Ski Relay Fundraiser for CMHA HKPR



On January 22nd Wild Rock Outfitters Peterborough and Kawartha Nordic Ski Club held an 8-Hour Ski Relay in support of CMHA HKPR's Garden Homes Project.

The event took place at Kawartha Nordic Ski Club in North Kawartha, bringing together a determined group of skiers with an aim to raise funds and awareness for mental health. This endurance event was organized by John Hauser of WildRock.

The fundraiser was not only a thrilling test of fortitude but also a beacon of hope, shining brightly in the darkness of winter, when many struggle with mental health issues. The event showcased the power of collective action, raising a remarkable \$16,800 - all of which went to support the Garden Homes Project.



The Garden Homes project is an initiative of CMHA HKPR's Supportive Housing program, which aims to support vulnerable individuals who are at risk of homelessness in the Peterborough area by providing affordable, small homes. The funds raised from the Ski Relay completed CMHA HKPR's fundraising for the first Garden Home, which will act as a pilot for the project.

In a display of camaraderie, the event pulled together 11 teams comprising of 40 skiers and donors.

While participants took to the slopes with determination, the heartening sight of the community coming together for a shared cause warmed the atmosphere even in the thick of winter. This event is a testament to the power of community involvement.

In the end, the 8-Hour Ski-Relay was more than just a race; it was a journey of perseverance, spirit, and unity, embarked on by a community that's committed to making a difference. It once again proved that our actions, however big or small, can create ripples of change that reach the very heart of our society.

CMHA HKPR would like to sincerely thank all who participated in this event! Especially WildRock Outfitters, Kawartha Nordic Ski Club, Ashburnham Ale House and event organizer, John Hauser!



# Hastings Theatre Group Supports CMHA HKPR through Mental Health Week Performance



On May 2nd and 3rd in the charming town of Hastings, the Grand Maple Event Centre came alive with a captivating musical performance, 'Reflections on a Musical: Lucy and Maaya,' put on by Voices of Light Theatre Group. The performance was a profound illustration of the power of music to inspire change, as it served a philanthropic cause: fundraising for the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR).

This event was indeed a reflection of how art and charity can intersect. The performance was a cornerstone event of CMHA HKPR's Mental Health Week, which carried the inspiring theme, 'MY STORY,' which shed light on the importance of community mental health initiatives and celebrated individuals and organizations becoming catalysts for change in the mental health landscape.

The Voices of Light Theatre Group generously donated \$3,000 in proceeds from the performance to support CMHA HKPR's programs and services.

An important highlight woven into the theme of the event was the role of youth in advocating for mental health. It brings into focus the importance of their voices in shaping the future of mental health services. Young people's leadership and lived experiences are crucial in understanding the challenges related to mental health among the youth population. They can help influence policies and programs while raising awareness about mental health issues and decreasing associated stigma.

CMHA HKPR would like to extend a huge thank you to Voices of Light Theatre Group for their support!

## Keep an Eye out for our New Website Coming this Fall

In 2022, we launched our new three-year Strategic Plan, 'Pathway to a Successful Future: Strategic Plan 2022-2025.' The plan was developed in collaboration with our staff, board, clients, and the community through focus groups, interviews, and an online survey.

One of the main strategic directions outlined in our Strategic Plan is to improve communication and information sharing.

In alignment with this goal, this summer, our Communications Team is working with CMHA National and an external web development team to redesign our website, cmhahkpr.ca.

The new website will feature a modern design that is easy to navigate, visually appealing, and first and foremost- more accessible for users.

We hope to do a soft launch of the new site by the fall, recognizing that improving our website will be an ongoing process.

In the meantime, our old site is still available to the community at cmhahkpr.ca and you should not experience any disruptions on the user side of the site. Stay tuned for an update on the new site this fall!

Whether you are a client, a family member, a donor, or a community partner, our hope is that the new website provides a better, more optimal experience for you!



# Check out these Upcoming Mental Health Events!

## 'Fore' Jess Golf Tournament

Join us at the 2nd Annual 'Fore' Jess Golf Tournament at Wolf Run Golf Club in Janetville on Tuesday, September 12th. \$150 per person. Shotgun start at 11:00 a.m.  
Email Jami.forejess@gmail.com for more information.

## Annual Meeting

Our Annual Meeting will be taking place on September 20th at 5:00 p.m. at Peterborough Golf and Country Club. RSVP to Karen Wolff at kwolff@cmhahkpr.ca.

## World Suicide Prevention Day

Join us for World Suicide Prevention Day events happening in both Peterborough and Lindsay on September 10th. Stay tuned for more details!

**Working together to prevent suicide**



CMHA recognizes World Suicide Prevention Day



## Volunteer Opportunities!

We are always looking for volunteers to assist with events as well as our Delta Bingo program.

If you are interested in becoming a CMHA HKPR volunteer, please email cmorris@cmhahkpr.ca.

## Support CMHA HKPR and our Clients through Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to become a CMHA HKPR:

- Friend - by your monthly gift of \$16.67/ \$200 annual gift
- Partner - by your monthly gift of \$41.67/ \$500 annual gift
- Advocate - by your monthly gift of \$83.33/ \$1000 annual gift
- Champion - by your monthly gift of \$166.67/ \$2000 annual gift
- Unique Supporter - by your monthly gift of \$\_\_\_\_\_ (you choose)

All monthly donors are also automatically CMHA HKPR members as of the September AGM!

Annual Membership:  Corporate \$50  Individual \$25  
 Family \$35  Student \$5  Fixed Income \$1

Cardholders Name: \_\_\_\_\_ Card Type: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ CVV: \_\_\_\_\_ Expiry - MM/YY: \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

Please charge my credit card\*:

- On a monthly basis
- For the annual amount
- One-time donation of \$ \_\_\_\_\_

\*Donors may withdraw from the monthly giving program at any time  
 \*\*Automatic withdrawal also available

Please send completed form to: CMHA HKPR Manager of Community Engagement 415 Water Street, Peterborough, ON K9H 3L9.  
 Inquiries can be directed to Jack Veitch at 705-748-6687 ext. 1015 or jveitch@cmhahkpr.ca. Charitable Registration No. 10686 3889



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