

## Talk

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

Please contact us at our Peterborough location:

415 Water Street  
Peterborough, ON K9H 3L9  
Tel: (705) 748-6687 ext. 1048  
Fax: (705) 748-4078

Email: [kdavies@cmhahkpr.ca](mailto:kdavies@cmhahkpr.ca)

[www.cmhahkpr.ca](http://www.cmhahkpr.ca)

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



 **HEROD**  
Financial Services



**HEROD**  
Financial Services

Presents

The 12<sup>th</sup> Annual CMHA HKPR  
**Healthy Mind, Healthy Life**  
Golf Tournament

Thursday,  
June 8<sup>th</sup>  
2017



Canadian Mental Health Association  
Haliburton, Kawartha, Pine Ridge

## About the Tournament

**Date:** Thursday, June 8<sup>th</sup>, 2017

**Location:** The Quarry Golf Club  
44 Tara Road  
Ennismore, ON

**Time:** 11:00 am - Registration & Bagged Lunch  
1:00 pm - Shotgun start

**Cost:** \$150.00/per person  
Includes golf cart, lunch, dinner, team  
photo, contests and great prizes!

OR

\$175.00/per person  
Includes all of the above, plus prepay  
for your Passport Book.

Passport Book Includes:

- putting contest
- mulligan
- beverage ticket
- door prizes and more

**Contact:** Kerri Davies  
Manager of Development, CMHA HKPR  
Tel: 705-748-6687 ext. 1048  
Email: kdavies@cmhahkpr.ca

## Sponsorship Information

Sponsorship Level:

Silver \$1,500    Bronze \$1,000    Hole Sponsor \$150

Total Amount: \_\_\_\_\_

Contact name: \_\_\_\_\_

Company: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

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

Please make cheques payable to:

CMHA HKPR  
Attn. Golf Tournament  
415 Water Street  
Peterborough, ON K9H 3L9

Tel: (705) 748-6687 ext. 1048

Fax: (705) 748-2577

Email: kdavies@cmhahkpr.ca

Please send a digital version of your logo to:  
communications@cmhahkpr.ca

## Tournament Sponsorship

### Platinum

\$3,000

Herod Financial Services



**HEROD**  
Financial Services

### Dinner Sponsor

#### Gold

\$2,000

Tim J.F. Nicholls Chartered Accountant



## Other Sponsorship Opportunities

### Silver - Lunch Sponsor

\$1,500

- Entry of 1 team
- Display space
- Event signage
- Signage on course

### Bronze Sponsor

\$1,000

- Entry of 1 team
- Event signage
- Signage on course

### Hole Sponsor

\$150

- Signage on one hole

## Why does Herod Financial Services support CMHA HKPR?

Every year, Kevan and I are pleased to share with you our personal message about why we support The Canadian Mental Health Association of Haliburton, Kawartha, Pine Ridge. We know through our own friends and family that finding treatment for mental illness can be a complex, confusing journey. Resources are stretched thin and waiting lists can be long. However, with your help, The Herod Financial Services Healthy Minds, Healthy Lives Golf Tournament has raised over \$35,000 to help educate and direct people to resources; to find help and improve their lives.

We know that in any given year, one in five people will experience a mental illness – one in three over a lifetime. However, we know that ultimately mental illness affects us all. Mental illness touches our co-workers, friends, family and ourselves; many of us struggling on a daily basis, with what can be very debilitating effects. Our goal and the goal of the Canadian Mental Health Association is Mental Health for All. We know there is much work to do, including advocating for more funding towards research on the treatment and management of mental illness and you can help.

Kevan and I believe by getting people together to talk about mental health over a simple game of golf we can bring the conversation about mental illness out of the dark and help eliminate stigma and fear. My hope is that we can, as a society, recognize our own vulnerability and better understand and support those struggling with their mental illness the same way we support those living with heart disease or cancer. No stigma, no fear, no ignorance, just compassion, commitment and treatment.

This spring, using funds from last year's tournament, Herod Financial Services and CMHA HKPR presented Living Life to the Full, a psycho-education group to help people find ways to improve their coping skills, address negative thoughts and enjoy a happier and more fulfilling life. We are also pleased to provide 1,500 Wellness Kits to all new clients of CMHA HKPR over the next year. You'll get your own Wellness Kit at this year's tourney! As well, we continue to support CMHA HKPR's public education program, including access to suicide prevention and mental health first aide programs.

So, we say to you, "Enjoy your golf day and let's raise lots of money and awareness so we can all live a vital, healthy and meaningful life."

Roberta and Kevan Herod



## About the Cause

The Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge branch is hosting its 12<sup>th</sup> Annual Golf Tournament to raise awareness of mental health and wellness on Thursday, June 8<sup>th</sup>, 2017 at The Quarry Golf Club in Ennismore. Proceeds from this tournament will support education related to mental health.

Our organization offers a broad range of mental health services and programs for those living with mental illness. Our goal is also to promote good mental health and provide public education to our community at large.

It is our hope that you will support this tournament. You are invited to enter a team as well as consider one of our sponsorship opportunities. Bronze, Silver and Gold sponsorship includes entry of a foursome as well as additional signage and recognition, depending on your sponsorship level. Hole sponsorship is also available. Single golfers are encouraged to come out and join our tournament.

The World Health Organization states that “Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.” Join us and help support a community where mental health for all is possible!

## Wellness Tips

### Relax

Meditate. Read a book. Turn off electronic devices. Head outside for a walk in nature.

### Connect

Interacting with others boosts your feelings of well-being and decreases feelings of depression.

### Breathe

Breathe deeply while focusing on pleasant, positive images. Breathe in, breathe out.

### Move

Regular physical activity is an investment in your mind, body and soul.