Chairs Message 2017

Good evening and welcome to the Annual General Meeting of the Canadian Mental Health Association – Kings County Branch for 2016-2017.

The Board has been very busy this year. The Board met with CMHA-Kings Staff for a Strategic Planning Meeting that was held in Kentville at the Salvation Army followed by a lunch prepared by SOUP. It was delicious and they offer catering, if anyone may be interested. The Board continues to have a strategic focus on helping to build awareness and education around mental illness, partnering with other organizations, and fundraising.

We partnered this Spring, with the Kings County Schizophrenia Society for the “Road To Recovery” fundraising event that was held in Wolfville with both running and walking routes. The various routes serve as a way to show that some people live at more level way and others have a hard and struggling road to recovery ahead of them. We had a great turnout of volunteers and participants. Thank you to those involved in this event, and a big shout out to Marilyn Hebb, for her hours in getting great donations for prizes and bringing her RBC Team of volunteers to help make this a success. We have been receiving Donations from friends and family in Memory of their loved ones. These donations help support a range of services and programs that help the clientele we serve and to navigate the health system and learn coping skills. Byanna’s Café and Preserves hosted a Kitchen Party at the Louis Millett Community Complex with all proceeds donated to the board.

We conduct Board Education activities at our regular meetings. The Board have several Committees that are very busy with some upcoming and ongoing projects. We continue maintain our By Laws again this year, and continue to work with TMC Law as our agent to maintain our standing with the NS Joint Registry of Stocks.

The Board has a committee that continues to be involved with Nova Scotia Works. Thank you to the Directors who serve on that Committee. You have been put many hours in.

The Board has been pleased to see the continuation of Mental Health First Aid being offered for Adults Who Work with Youth course that is facilitated by Laurel Taylor, one of our dedicated staff. It is a very powerful 2 day course that helps with the understanding of those who live with mental health issues and how we may be able to pick up on different signs that may be exhibited by someone who is reaching out and those who are fighting their own battle. Mental health has touched each one of us in different ways and we can help make a difference.

In closing, I would like to thank Brenda Main and all of staff for their ongoing dedication in making a difference to those they work with and to our Board. And also to all the Directors in their dedication to attend our monthly meetings, sitting on Committees, volunteering at different events and helping to Stomp Out Stigma. You make a difference.

Thank You.

Anne Pettigrew