



Canadian Mental
Health Association
Champlain East
Mental health for all

Association canadienne
pour la santé mentale
Champlain Est
La santé mentale pour tous

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April 11th, 2023

Attention: City of Cornwall

Object: Proclamation & Flag Raising

We are hereby inviting the Mayor to proclaim Mental Health Week May 1st- May 7th, 2023, and acknowledge the annual Mental Health Week Celebration of the Canadian Mental Health Association (CMHA).

Together, CMHA Champlain East and its community partners have been working to end the stigma and discrimination associated with mental health problems and mental disorders.

Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us – that's all people – have mental health.

This year's CMHA National campaign will shine a spotlight on community-based mental health care champions, programs, and communities while showcasing the importance of securing universal mental health care, what it can look like, and how mental health care can be expressed and nurtured (ie art, photos, music, sounds, dance, movement, nature, etc.).

We would like to request approval to raise the flag at the Justice Building on May 5th, 2023. Ideally we would like to start the ceremony at 11:00am. We would be pleased if Mayor Justin Towndale could attend the flag-raising event and present the proclamation on behalf of the City of Cornwall. In addition, we would like to use City Hall outdoor space for invited community partners to attend the ceremony and join us in an activity related to the theme of supporting mental health and well-being. We anticipate requiring 1.5 hours of time for the use of the space. We would like to request that picnic tables be available for participants to use during the event.

If you require more information, please contact Angele D'Alessio, Mental Health Promotor by email at dalessioa@cmha-east.on.ca or by phone at 613-551-9253.

Best regards,

Joanne Ledoux-Moshonas
Executive Director



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Une agence membre de Centraide

Charitable Registration / enregistrement charitable # 12392 1363 RR0001