



**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 6, 2021

Attention Mayor Clement

**Object:** Proclamation & Flag Raising

We are hereby inviting the mayor to proclaim mental health week May 3rd –May 9th, 2021 and acknowledge the 70th annual Mental Health Week Celebration of the Canadian Mental Health Association.

We would like to request approval to raise the flag at the Justice Building with Mayor Clement during the week of May 3rd -9th. In addition we would request that the week be proclaimed in our community.

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

One in five Canadians lives with mental health problems, mental illness or addiction. The reality is, five in five of us have mental health, just like we all have physical health. We can all benefit from celebrating, promoting and acknowledging the role that good mental health plays in living a full and meaningful life.

This May we are encouraging everyone to #GetReal about how important mental health is for ALL Canadians especially during this past year managing the pandemic. We know that mental health has impacted 74% of Ontarian's in some way and now more than ever we need to preserve our mental health. These are times of extreme anxiety and stress but mental health is something we can protect, not just something we can lose. This annual CMHA Mental Health Week, we will focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.

We would be pleased if Mayor Bernadette Clement could attend the flag-raising event and present the proclamation on behalf of the city of Cornwall.

If you require more information, please feel free to contact Angele D'Alessio [dalessioa@cmha-east.on.ca](mailto:dalessioa@cmha-east.on.ca) or by phone at 1-800-493-8271, ext. 241.

Best regards,

*Joanne Ledoux-Moshonas*  
Joanne Ledoux-Moshonas  
Executive Director



A United Way Member Agency  
Une agence membre de Centraide

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