

CMHA DURHAM CELEBRATES 65 YEARS OF CARING FOR DURHAM REGION

Oshawa, (Ontario) May 6, 2024 — The Canadian Mental Health Association (CMHA) Durham is celebrating 65 years of dedicated service to the community. Since its foundation in 1959, CMHA Durham has worked tirelessly on its mission to promote and enhance the mental, emotional, and physical well-being of the Durham community through education, collaboration, advocacy, and the provision of a broad range of direct services.

year's theme "Healing through Compassion" explores how compassion connects us all. Canadians are often recognized globally for their compassion and kindness; however, new data may suggest otherwise. A recent study by the Canadian Mental Health Association (CMHA) found that while 81% of Ontarians claim to be compassionate, only 30% have taken active steps to alleviate hardship in the past year.

often confused with empathy. While empathy involves sensing, feeling and understanding of another's experience, compassion goes beyond empathy into the realm of taking action.

"Compassion is the emotional response to the struggles of others combined with a real, authentic desire to help lessen their suffering and respond with care," says Margaret Eaton, National CEO, CMHA. "With so much hardship going on in the world, compassion is needed now more than ever."

The survey conducted by Maru Public Opinion found

that although the majority 75% of Ontarians say that when they see someone struggling, they feel compelled to help, 58% admit feeling overwhelmed by the issues and unsure where to begin.

"We're seeing a lot of people wanting to be more compassionate, but not knowing how. The good news is that compassion is part of our human nature and can be learned and practiced," explains Eaton. "In fact, giving compassion, receiving compassion, and allowing ourselves to experience self-compassion are all very beneficial to

our mental health." As part of their 65th anniversary celebrations and to mark Mental Health Week, CMHA Durham's 65th Anniversary flag will be raised across the Durham Region from May 6th to 12th. Community flag-raising events in Oshawa, Scugog Township, and the Municipality of Clarington will serve as a reminder of the importance of mental health awareness and the ongoing work needed to reduce stigma.

On May 22nd, CMHA Durham invites the community to an Open House at their 60 Bond

St West Headquarters. The event will be an excellent opportunity to learn about the organization's programs and take a guided or self-directed tour of their Mental Health and Primary Care Hub. Visitors will also have a chance to meet CMHA Durham's Leadership Team and Board of Directors, who are committed to promoting Durham Region's mental, emotional, and physical well-being. The event runs from 1 pm until 7 pm and registration is strongly encouraged.

Join CMHA Durham in celebrating 65 years of caring for Durham Region.

The anniversary coincides with CMHA's annual Mental Health Week (May 6-12). This

Compassion, defined as the practice of meeting suffering – whether our own or that of others – with kindness, is



The Rotary Club thanked Brenden Nevills, Service Manager and all of the employees at Meineke Car Care Centre at 162 King Street East in Oshawa, Ontario for all of their assistance with the Rotary Club's "Grow Green With Rotary" Ploughman's Choice fundrais-

er for their years of helping. But the big "Thank You" did not stop there.

Meineke Car Care decided that they wanted to donate the \$1,000 to Grandview Kids. With a focus on hope, belonging, discovery and celebration, the New Grandview Kids

will support the seamless and coordinated provision of family-centred care for children and youth with physical, communication and developmental needs.

It will be an open, welcoming and inclusive community-based paediatric facility, in Durham Region, offering an

A DAY OF BIG "THANK YOU'S " FOR THE ROTARY CLUB OF OSHAWA-PARKWOOD ON APRIL 30, 2024.

integrated mix of rehabilitation, medical and clinical services, as well as education and research activities.

Here in the photo is L to R: Alan Finnigan, Director of Community Service for the Rotary Club of Oshawa-

Parkwood, the employees at Meineke and on the right is Service Manager Brenden Nevills.

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