Community Suicide Prevention Network Media Alert

**List of Ottawa Events**

**Mental Health Week – May 6 to 13, 2012**

**Ottawa, May 1, 2012—**The second week of May is both [Mental Health Week](http://www.mentalhealthweek.ca/) and [Children’s Mental Health Week](http://www.kidsmentalhealth.ca/news_and_events/cmhw_2010.php) in Ontario. The Ottawa Community Suicide Prevention Network has compiled a list of mental health awareness events in Ottawa for the interest of media and the public. In addition, mental health experts are available to speak to media about developing resiliency in children and youth, from infancy to young adulthood, as well as the brain chemistry behind youth mental health (see the network’s [April 24th news release](http://www.theroyal.ca/en/blog/2012/04/25/mental-health-week-may-6-to-13-2012-%E2%80%93-ottawa-experts-available/) for the list of experts).

**A FREE MENTAL HEALTH INFORMATION**

**EVENING FOR PARENTS**

[**Ottawa Public Health**](http://www.ottawa.ca/health)

Thursday, May 3, 2012 from 7-9 pm (English)

Bridlewood Elementary School,

63 Bluegrass Drive, Kanata

Tuesday, May 8th, 2012 from 7-9 pm (English)

Jim Durrell Complex,

1264 Walkley Rd. Ottawa

Tuesday, May 15, 2012 from 7-9 pm (English)

City of Ottawa Client Services,

255 Centrum Blvd., Orléans

**ottawa.ca/health - ottawa.ca/sante | 613-580-6744**

**Youth Mental Health Program – You Have the Power**

[**Youth Services Bureau**](http://www.ysb.on.ca/index.php?page=home&hl=eng)

May 7, 2012

10:00-11:15 am

Earl of March High School

(By invitation – media welcome)

Canadian actress and singer Jasmine Richards (*Camp Rock*) launches her new song as part of a mental health awareness program for the grade 9 and 10 students.

Contact: Ted Charette, 613-729-0577 ext. 1260

**Tea@ 12**

[**The Royal**](http://www.theroyal.ca)

Tuesday, May 8, 2012

Noon – 1:30 pm

Hampton Inn

Mental health advocate, Jessica Holmes, and other members from our community will share highly emotive personal mental health stories. This event is part of the Women for Mental Health program at The Royal Ottawa Foundation for Mental Health. The tea is by invitation; media are welcome.

Contact: Karen Monaghan, 613-722-6521 ext. 6449 karen.monaghan@theroyal.ca

**Feel Peace, Strength and Healing - Free Yoga/Gong Sessions for Youth and Adults**

[**The Royal**](http://www.theroyal.ca)

Tuesday, May 8

7 to 7:45 pm

and

Wednesday, May 9

4:15 to 5 pm

The Royal Ottawa Mental Health Centre, 1145 Carling Ave., meet in the front lobby.

A symphonic gong makes all the sound vibrations in the universe. When the gong is played live in a yoga or meditation class, those vibrations actually give you the sensation of a deep and lasting massage: you lay down and the vibrations of the gong wash over your whole body, releasing stress and tension. It also makes your nerves stronger, it clears and recharges your both, you mind and your spirit. It gi8ve your mind a break and helps you release negativity.

Contact: Rachel Scott-Mignon, 613-722-6521 ext. 6485 rachel.scott-mignon@theroyal.ca

**Mental Health in Motion – Bridging Mind and Body.**

[**Family Services à la famille Ottawa**](http://familyservicesottawa.org/)

Thursday, May 10, 2012

9:00 am to 4:30 pm

312 avenue Parkdale Avenue, Ottawa

Tel/ Tél: (613) 725-3601 ext. 147

Family Services Ottawa and its partners will be hosting a free one-day conference highlighting the impact of movement on mental health.

**Arts Café**

[**Canadian Mental Health Association (Ottawa branch)**](http://www.cmhaottawa.ca/)

Thursday, May 10, 2012

4:00 pm to 6:00 pm

Jean Piggott Hall

City Hall, 110 Lisgar Ave. West

Music, art, poetry and storytelling sponsored by Ottawa Salus and CMHA

**Awareness of Mental Health in the Workplace**

[**Canadian Mental Health Association (Ottawa branch)**](http://www.cmhaottawa.ca/)

Friday, May 11, 2012

10:00 am to 12:00 pm

CMHA, Ottawa Branch - Boardroom A

1355 Bank Street, suite 402

Helping build awareness of what it is like to experience conditions like depression or anxiety at work. Registration is required.

Contact: Renée Ouimet

613 737-7791 extension/poste 124

[**Friends with Benefits**](http://werfriendswithbenefits.wordpress.com/about/)

**In support of** [**The Royal**](http://www.theroyal.ca) **(Jennie James Depression Research Fund)**

Friday, May 11

8pm to close

Elmdale Tavern, 1084 Wellington Street West

Friends With Benefits (FWB) was conceptualized by a group of friends whose aim is start a dialogue to reduce the social stigma around depression. By getting our friends, coworkers and neighbours together to share stories, we hope to illustrate that there are many people who are successful, contributing members of the community that are living (and thriving) with mental illness. FWB will also feature a silent auction and sweaty dance party featuring DJs Zattar, Memetic and Eric Roberts – the DJs responsible for the always super fun [Timekode](http://timekode.com/events/)

Contact for media: Karen Monaghan, 613-722-7621 ext. 6449 karen.monaghan@theroyal.ca

Contact for tickets/general info: <http://werfriendswithbenefits.wordpress.com/contact/>

**Conversations at The Royal: Battling Operational Stress Injuries**

[**The Royal**](http://www.theroyal.ca)

Thursday, May 17

Presentation and Q&A Session: 7 to 8:30 pm (Doors open at 6:30 pm, registration requested)

Psychological injuries caused by combat, law enforcement and other operational and service-related duties have become under greater scrutiny in course of modern wars and conflicts. There is a need for better understanding of how the extreme stress may affect the brain and the mind of veteran warriors and uniformed services members, and how they and their families may benefit from prevention, treatment and rehabilitation. The Royal’s Operational Stress Injury (OSI) clinic has worked with over 500 veterans, soldiers and RCMP members since it’s opening in 2009. Our presentation will include reviewing the nature of OSIs in veterans, the services of OSI Clinic, and sharing a veteran’s perspective.

Contact: Sue Riley

613-722-6521 ext. 6349, sue.riley@theroyal.ca

**Parler pour démystifier les problèmes reliés à la dépression, au suicide et à l'anxiété chez les jeunes.**

[**Children's Hospital of Eastern Ontario**](http://www.cheo.on.ca/)

Le jeudi 24 mai 2012

19:00 à 21:00

Auditorium au Collège catholique Samuel-Genest

704, chemin Carson, Ottawa.

Cette soirée d’information permettra aux parents d’échanger avec les membres d’un panel d’experts en santé mentale de la communauté.

Contact: Ann Fuller

613-737-7600