

Who we are





SONIA MCDONALD BRIAN MCFADDEN

Facilitator \sim Counsellor

Head Coach



CLASSROOM

For Workshops and community use

GYM A place to become empowered

SUPPORT

A comfortable relaxed environment

311-A Broadway Orangeville, ON

AWARENESS

We are creating a more resilient community



INCLUSION

Everyone is welcome No wrong door policy



CONNECTIONS

Find the resource that fits the need

What we do

WORKSHOPS

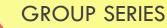
ASIST safeTALK ASK Substance Use Empathic Strain Coping strategies Safe Surfing Bullycide Self-Injury Custom Workshops

SELF CARE SERIES

Some workshops we offer are fun, therapeutic and just good self care The Broken Bowl Mandala Rocks Zentangle Art Vision Boarding Dream Catcher Masks we wear

COUNSELLING

We offer Counselling to all ages on a fee for service basis



We offer various groups to the community to assistin mental health awareness and healing.Anxiety series for youthAdult support and educationCoping SkillsKids social-emotional support

COMMUNITY USE

Our space can be made available for use. We have partnered with other business owners and community groups already



PHYSICAL FOCUS PROGRAM

Boxing is such a focused and thoughtprovoking sport that it has proven to uplift mental health in many ways

We offer an <u>essential</u> service

Recent research indicates Canadians' mental health is worsening due to rising cost of living. Canadians affected by inflation are experiencing: -higher self-rated anxiety (33%) -depression (32%) -higher rates of recent diagnosis of a mood disorder since the pandemic (14%) -higher suicidal ideation (31%). These factors are in turn making people cut back on their personal health expenses.

Mental health research Canada oct 2023

What we are seeing

WEEKLY REQUESTS	CONCERNS	NEW CLIENTS	WORKSHOPS	F;GHTER 30/30
4-6 calls per week seeking services	-Anxiety -Depression -Burnout	Of the 3-5 tours we give per week of the centre, 80% are	Many calls of interest for workshops and	8 of 10 new clients are seeking this program
Crisis calls or walk- ins have increased to approx 1 per week	-Addiction	 wanting to access services -of that 80%, 30% realize that they cannot pay for services For every 10 clients in 2023, 4 stop paying and/or stop attending 	groups Very few sessions have been facilitated as participants cannot pay	

Connections in the Community

REFERRING AGENCIES

-DCAFS

- -Family Transition Place
- -Community Living

-Boss

- -Local therapists
- -ODS, Westside, CDDHS
- -Local Dr's
- -Headwaters Hospital
- -Georgian College

GUIDANCE

- -Small Business Enterprise
- -Orangeville BIA
- -Grand writing help-local
- -Bookkeeping support
- -Key professionals in the
- community (consultation) -DC Moves

LOCAL PARTNERS FINANCIAL & IN-KIND

- -Tire Discounter
- -JS Construction
- -Perry Meeker Real Estate
- -DejaVu Diner
- -I'll Gofer it
- -Cobbs Bread
- -Rose Digital Media

Avenues we have tried

GRANTING WITHOUT SUCCESS -Dufferin Community Fund -Dufferin County -Air Canada -Honda -Indigo/ -Meridian Credit union -Scotiabank -RBC -ifundwomen -**\$**park women's fund

SMALL VICTORIES

-local business donating back proceeds from small fundraisers
-our fidget jewelley, worry worms, hoodies, water bottles
-community members donations
-events paid by donation
-giving Tuesday 2022 & 2023

IN-KIND REQUESTS

-Crayola -Home Depot -Staples -Tim Hortons -Ice River springs -Post Consumer Brands -Dollarama

Current Crowdfunding on-line with: https://gogetfunding.com/we-all-have-mental-health/

The reality today

Current expenses N		
Rent	5,597.18	We are asking for emergency immediate financial assistance for The Edify Centre
Utilities	519.99	
Supplies & Materials Client Essentials	300.00	
Counsellors & Coach	3000-5000 average currently does not include S & B	

We need your help

Our being here today, requesting your help is from a place of need

- -Our services are **needed** in our community
- -Our clients need us to keep operating
- -We **need** the opportunity to find a new feasible space in Orangeville
- -We **need** some relief to afford us the time to focus on future direction

-Our clients **need** for us the be healthy and strong to help them in any way we can



THANK YOU

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