



Staff Report

Report To: Recreation Committee
From: Emily Jocius, Operations & Community Services Coordinator
Date: 2022-04-20
Subject: Mental Health Resource Program

Recommendation:

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator re: Mental Health Resources Program; and

That West Elgin Recreation Committee hereby approves a \$25.00 donation from the Recreation Programming budget be made to each organization providing a mental health session during this week.

Purpose:

The purpose of this report is to provide the West Elgin Recreation Committee with an update on the Mental Health Resources Week.

Background:

The West Elgin Recreation Committee directed staff to organize a Mental Health resource week that will run from May 2-8, 2022. Staff have been in contact with organizations and professionals in the local area to obtain information or guest speakers for the event. The Canadian Mental Health Association, West Elgin Community Centre (Mental Health Team), Elgin Employment Services, Sherri- Lynne Kirschner, and Nourishing Hearts Wellness farm have been contacted to see about involvement in the event. As the event continues to grow additional guest speakers will be added into the schedule of events.

Below is a chart on the current organizations or professionals that are willing to deliver a seminar for the community. All programs will be designed for all ages and family friendly.

The Nature Walks will be organized and designed by staff. The walks will be in the evening from 6:00-7:00 pm.

Organization	Topic	Length	Venue	Description
West Elgin Community Health Centre	Happiness 101	90 Minute	Rodney Recreation Centre Friday May 6, 2022, from 2:30-4:00 p.m.	Benefits of Positive Psychology and how to redefine our ideas around happiness.

Sherry-Lynne Kirshner	Mindfulness	1hour	Virtual	Presentation on Mindfulness
Nature Walk	Nature and wellness	1 hour	Monday May 2, 2022, Rodney Park & Wednesday May 4, 2022, in Miller Park	Walking in nature with a 10-minute talk on nature's effect on one's mental health.

Mental Health is important in any community. To continually offer Mental Health Resources to the community a donation to each outside organization could benefit the community.

Financial Implications

A total of \$50.00 will be taken from the Recreation Programming Budget to provide for the \$25.00 donations to the West Elgin Community Health Centre and Sherry-Lynne Kirshner's Foundation, Marmot Recovery Foundation.

Report Approval Details

Document Title:	Mental Health Resource Program Update - 2022-34-Operations Community Services.docx
Attachments:	
Final Approval Date:	Apr 13, 2022

This report and all of its attachments were approved and signed as outlined below:

Jana Nethercott