



Staff Report

Report To: Recreation Committee

From: Emily Jocius, Operations & Community Services Coordinator

Date: 2022-05-18

Subject: Mental Health Resource Week Recap

Recommendation:

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator for information purposes.

Purpose:

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

Background:

The Recreation Committee directed staff to put on a weeks' worth of mental health resource opportunities for the community, for Mental Health Awareness Week, May 2 to 8.

Staff reached out to groups and organizations to see if they would be willing to showcase their information to the community. The following schedule was prepared.

Monday	Mindfulness with Sherry-Lynne 6-7 p.m. Virtually
Tuesday	Job search with Jenn 9-10 a.m. Nature Walk with Emily 6-7 p.m.
Wednesday	Job search with Jenn 9-10 a.m. Nature Walk with Emily 6-7 p.m.
Friday	Happiness 101 with Rob 2:30-4:00 p.m.

The information was put out on the electronic signs, social media, and municipal website. Staff also put-up posters in Municipal facilities and emailed other organizations to inform them of events happening in the community.

The week's events were poorly attended. The guest speaker for Monday night cancelled due to lack of participation and interest in the program. After the guest speaker cancelled interest in the event spiked and staff had to direct those individuals to other programs during the week. There was no attendance for the Job search programming. Jenn would like to be invited if another program or event will take place in the future as the information pertains to multiple areas of life including mental health.

The first scheduled nature walk was cancelled due to inclement weather. The excessive amount of rain was not conducive to walking outdoors. The next scheduled nature walk did not have anyone attend.

Happiness 101 with Rob has 3 participants attended. Rob would like to be invited to other programs in the future.

If we were to run another program like the mental health resource week staff suggest turning it into a one day event that showcases the importance and information in a condensed period.

Report Approval Details

Document Title:	Mental Health Resource Week Recap - 2022-41-Operations Community Services.docx
Attachments:	
Final Approval Date:	May 13, 2022

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

Jana Nethercott