

annual 2020/2021 report



canadian mental health association **York and South Simcoe**



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

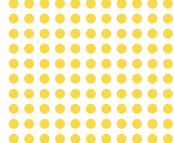


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Message from Board Chair & CEO

“Every problem is the opportunity for a creative solution.” – Donna Karan

While the world was and remains impacted by the pandemic, Canadian Mental Health Association York Region and South Simcoe (CMHA-YRSS) remained committed to our goals of improving access, operational excellence and thought leadership. We harnessed opportunities that expanded services, adapted models and boosted performance. What made this possible? How will we stay focused, build resilience and prepare to care for and respond to the growing demand for those living in our community?

It always comes back to our own, very personal connection to mental health for all. For each board member, staff, volunteer and donor at CMHA, we all have a story and passionately believe that each person, their family and our communities, deserves easily accessible, high quality and client-centred care. Our personal commitment to doing our best, trying new things, learning new skills and building through challenges has yet again fueled us, and will continue to propel us forward.

Wonderful examples include the incredible dedication of our clients and volunteers with lived experience that came together with our Community Connections team to co-design the recently launched CMHA College of Health and Well-Being. They built everything from the curriculum to the format of the recovery college. This effort will share knowledge and experiences supporting well-being and recovery for everyone.

Another highlight is our expansion of services for individuals that experience homelessness or are in supportive housing. We continued to find solutions from hoteling to handing out cell phones to ensure their safety, well-being and access to care.

We grow and grow. We proudly launched the Newcomers' Health and Well-Being program for immigrants and refugees in eight languages providing them with specialized care relevant to their journey of settlement. We launched the Community Homes for Opportunity program working with over 15 residential care providers to enhance recovery centred care and personalized services to over 300 individuals. We expanded the capacity of our team to lead the development of the Mental Health and Addictions Crisis Hub, to become a Network Lead Organization for the Ontario Structured Psychotherapy program and launch the Community Withdrawal Management program for those experiencing a concurrent disorder.

We are so grateful to our team for your efforts. Each and every person contributed to our success. We wish to say a special thanks to volunteers who gifted us with your time and expertise. Kudos to our outgoing board members: Treasurer Evelyn Sutherland, Quality and Safety Committee Chair Dawn-Marie Stevens, Jacqueline Delfosse, Roy Saad and Cynthia Sargeant.

Thank you and please stay safe,



**ALI
SOHEIL**

A stylized signature of Ali Soheil in black ink.

Board Chair, CMHA York Region and South Simcoe



**REBECCA
SHIELDS**

A stylized signature of Rebecca Shields in black ink.

CEO, CMHA York Region and South Simcoe

Governance and strategy



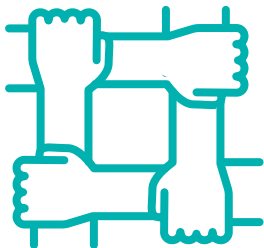
VISION

Mental health for all



MISSION

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness and addiction.



VALUES

Client- and family-centred

Through partnership, accountability and action

Culturally competent

To provide the best service and work experience

Innovation

To bring value to our community

Team values

Trust, respect, communication and teamwork



WATCH IT NOW

Mosaic: CMHA York Region and South Simcoe

A few of the faces of CMHA-YRSS employees, volunteers and Board of Directors from the cover of the 2020/21 Annual Report

Board of directors

CEO & director / Rebecca Shields

President & director / Ali Soheil

*Vice president & director /
Laura Bhoi*

*Past president & director /
Monica Gaudry*

*Treasurer & director /
Evelyn Sutherland*

Directors /

Bozica Balenovic

Joshua Campbell

Jacqueline Delfosse

Michael Favelyukis

Maneesha Goonasekera

Mustafa Khaliq

Parisa Mehrfar

Roy Saad

Cynthia Sargeant

Michelle Simard

Dawn-Marie Stevens

Stephanie Thompson



**here's
what we've
been up to
this year.**



Spotlight: our strategy

Our community never needed us more than they do now. The pandemic's strain on the mental health of Ontarians has reached all-time highs. We have walked with our clients and partners every step of the way to provide not just access to care, but access to what they need for recovery and resilience.

Building on the five-year strategic growth plan we established in 2019, below is a brief snapshot of our progress this year. The pandemic didn't slow us down, in fact it inspired us to do more.

INNOVATION AND THOUGHT LEADERSHIP

We pride ourselves on our relentless pursuit of innovation and leadership to design and build the future of community care. In 2020/2021 we:

- Created and led the Loneliness Project's coalition of experts to develop the first evidence-based framework and action plan to eradicate chronic loneliness on a global scale.
- Supported the development of the plan to become the first and only community organization to become a Network Lead Organization (NLO) for Ontario Structured Psychotherapy to provide new modes of high intensity treatments.
- Expertise and innovations featured in 60+ media articles including Global TV, Yahoo, Breakfast Television, York Region Media Group, Simcoe.com, TheStar.com, Chatelaine, Snap'd Newspapers and CTV News.

ACCESS TO CARE

- Adapted services and increased access to services throughout the pandemic including launching new telephone counselling line, counselling services for front line workers, partnering with community organizations to deliver food, providing phones and data packages to help clients stay connected and even sourced lawn chairs to provide vital face-to-face counselling where needed.
- Ramped up our BounceBack service across Ontario including developing new modules focused on the pandemic and social isolation.
- Launched a Newcomers' Health and Well-Being program in eight non-English languages providing training and education to 640 attendees.
- We improved average wait times for service initiation to key programs to 99 days from 113 days in 2019/20.
- We increased our reach by 359% to underserved 2SLGBTQ+ and Indigenous communities by serving 1,179 clients through valuable partnerships with CAYR and BANAC.



SECURED \$200,000 INVESTMENT from the Ontario government to build York Region's first Mental Health and Addictions Crisis Hub in collaboration with our health and social service partners.



SERVED 42,613 CLIENTS

Almost tripled the number of clients housed in supportive housing to 358.



Spotlight: our strategy

OPERATIONAL EXCELLENCE

To continue achieving transformational change, it's vital we support our staff and partners with exemplary levels of operational excellence to meet the needs of our clients. In 2020/2021 we:

- Grew our organization to 334 employees from 270 the previous year. We continue to be one of the fastest growing branches of the CMHA.
- Supported staff to more comfortably and effectively work-from-home including ergonomic training, wellness programs, virtual buddy systems and proactive and comprehensive leadership and internal communications.
- Expedited the digitization of Human Resources and Finance functions.
- Procured new equipment and technology for clients and staff.
- Continued strengthening our Employee Value Proposition including sourcing a more cost-effective benefits provider and introducing new performance development programs focused on helping staff achieve their career goals.
- Complementing our eight Affinity Groups who promote cultural awareness within CMHA, our Diversity, Equity and Inclusion Task Force identified additional best practices and processes to build cultural competence and inclusivity with our staff and clients.
- Continued with our safety-first culture and process improvements. We would particularly like to acknowledge and thank our COVID-19 Action Team who has met and worked every day of the pandemic to oversee our staff and client safety from the initial PPE requirements to reopening offices to vaccination support.

For more details about our impact and innovation, the following pages of this report detail the strides we're making to bring Mental Health To All in the communities we serve.



GREW OUR ORGANIZATION TO 334 EMPLOYEES from 270 the previous year. We continue to be one of the fastest growing branches of the CMHA.



Financial overview

FINANCE AND OPERATIONS

Looking back on 2020/21, it was a year of great success. CMHA-YRSS revenue has grown by 18%.

This has given us the opportunity to continue to expand our services in the community and increase the number of clients we serve. As a steward of public funding, CMHA continues to work hard to ensure funds are used efficiently and effectively, to provide better outcomes and make a difference in our clients' lives. CMHA continues to provide quality mental health services to our clients.

NOTABLE ACCOMPLISHMENTS

- We fundraised over \$661,000 that will be reinvested in the community to support the MOBYSS, our mobile youth health service, truth and reconciliation and the Gender Affirming Health Clinic.
- We served approximately the same number of clients this year despite the initial drop in the beginning of the fiscal year due to COVID-19:
- The number of clients housed in supportive housing has increased from 134 in 2019/20 to 358 in 2020/21, an increase of 267% increase. This is a direct result of our Community Homes for Opportunity program, which launched this fiscal year.
- Our administrative costs continue to be lower than average.

SERVICES	2019/20	2020/21
Visit	120,101	119,333
Individuals served	44,328	42,613
Group sessions	2,867	2,480
Group participants	16,930	14,247
Resident days	18,071	20,515
Number of clients housed in supportive housing	134	358

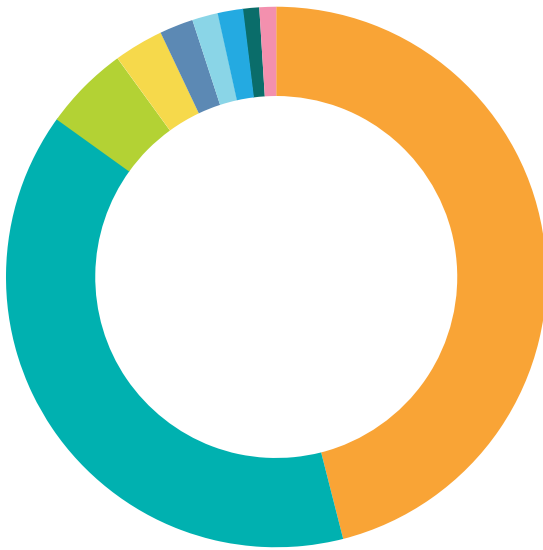


**CMHA-YRSS REVENUE
HAS GROWN BY 18%**



**WE CONDUCTED
119,333 VISITS**
with clients

Financial overview



SOURCES OF REVENUE

TOTAL: \$32,662,612

CMHA continues to diversify its sources of revenue for growth and sustainability. CLHIN continued to be our major funder, providing 46% of our revenue, followed by MOHLTC that funded 39% of our revenue and The Region of York funding 5%.

CLHIN	\$15,130,485 [46%]
MOHLTC	\$12,789,429 [39%]
Regional Municipality of York	\$1,723,379 [5%]
Transfer Payment	\$967,041 [3%]
Fundraising	\$661,769 [2%]
Federal Government	\$455,213 [1.5%]
Other income and interest income	\$406,708 [1.5%]
United way (Greater Toronto, York Region, South Simcoe)	\$238,639 [1%]
Amortization of deferred capital contributions	\$289,949 [1%]



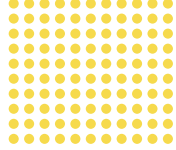
SOURCES OF SPENDING

TOTAL: \$32,453,639

As a community health services provider our people are our biggest asset.

Ontario Structured Psychotherapy (including BounceBack)	\$9,433,977 [29%]
Case Management (Including Geriatric)	\$4,677,142 [14%]
Assertive Community Treatment	\$3,521,280 [11%]
All Supportive Housing and Housing First	\$3,481,014 [11%]
Community Homes for Opportunity	\$3,271,565 [10%]
All other small programs	\$2,793,402 [9%]
Early Psychosis Intervention	\$1,344,760 [4%]
Counselling and Treatment (including MOBYSS)	\$801,587 [2.5%]
Court Support	\$716,223 [2%]
Employment Programs	\$761,080 [2%]
Community Connections and Peer Support	\$511,041 [1.5%]
Immigration, Refugees and Citizenship Canada	\$460,683 [1%]
Indigenous Aging at Home Program	\$357,271 [1%]
Youth Wellness and Choices	\$274,911 [1%]
Community Outreach, Education Awareness	\$47,704 [1%]

SURPLUS: \$208,973



Innovation



We use innovation and social entrepreneurship to drive transformational change and impact in our community.”

– Rebecca Shields, CEO



WATCH IT NOW
Innovation: Driving
Transformative
Change



Access to care

COMMUNITY CONNECTIONS

Community Connections program was a champion leading the switch to virtual care. The program offered approximately 1,200 group sessions with 8,000 participants. We served 224 more individuals than last fiscal! The program increased group offerings by partnering with the community including Warrior Yoga, Laboratory of Artistic Intelligence, High Notes Avante and more.

More important than ever during the pandemic to reduce client's isolation and promote engagement in activities, our annual camping trip went forward in a virtual format in July. Facilitated by community partners and staff across CMHA programs, the camp was attended by 38 clients and included fun and educational sessions including yoga, nature walks, art, music, cooking, games and wellness.

NEWCOMERS' HEALTH AND WELL-BEING PROGRAM

In the fall of 2020, we launched the Newcomers' Health and Well-Being program, the first of its kind in York Region and South Simcoe and funded by Immigration, Refugees and Citizenship Canada. The program provides mental health and physical health care to immigrants and refugees, aged 12+, and to build the capacity of newcomer-serving agencies in supporting newcomers' mental health. The program has demonstrated tremendous success. Our funder shared that, despite the circumstances it faced in a challenging year, the program has shown great creativity and flexibility in creating new ways of providing services to newcomers.

Services are delivered in eight non-English languages: Arabic, Bengali, Cantonese, Farsi, Kurmanji, Spanish, Russian and Urdu. In addition to establishing partnerships with the five Welcome Centres of York Region and York Region District School Board, we established an Advisory Group for Program Planning and Development consisting of representatives from the five Welcome Centres, Cedar Centre, Entité 4 (representing the Francophone community) and CMHA.

NEWCOMERS' HEALTH AND WELL-BEING PROGRAM



NOTABLE OUTCOMES AND SUCCESSES

19 DIFFERENT WORKSHOPS on mental and physical health created

269 INDIVIDUALS attended workshops

640 TRAINING/ education attendees



109 INDIVIDUALS received consultations

358 COMMUNITY RESOURCES reached out to directly

37 INDIVIDUALS received counselling and **6 CLIENTS** were referred for trauma-specific services through our partnership with Cedar Centre



Access to care

COMMUNITY HOMES FOR OPPORTUNITY

The Community Homes for Opportunity program formally launched in October 2020 and already provides virtual supports to up to 250 clients. Each resident in the new CHO program is connected to a housing support worker to assist them with their financial and wellness planning. The team has been working collaboratively with our community partners through the Region of York to participate in a virtual Community of Practice among services providers in congregate care homes. The team, with the assistance of I.T., developed an innovative, online portal for CHO home operators to access mandatory reporting forms and calendars of events. This portal allows CHO Home staff to have access to upcoming events, training and calendars of events for clients. The staff have also worked with the CHO home operators to increase the technology capacity and look for creative solutions to boost their internet access for virtual programming.

HOME FIRST COMMUNITY SUPPORT TEAM

CMHA's Home First Community Support Team has been dedicated to seeking out funding opportunities to provide phones and food security to clients over the past year. Increasing technology has allowed staff to be able to provide continuous support to clients that have been experiencing homelessness. With some additional relief funding received in December, the program was able to successfully house individuals in hotels and allow them the safe space they needed to socially distance during the pandemic. This also provided much needed relief from the cold winter weather. By being housed in hotels for up to four months, half the individuals were able to secure permanent housing with a rent supplement. Having access to technology to make the calls to landlords, weekly food delivery and other resources provided by the team assisted in the success of the program.

FAMILY EDUCATION AND SUPPORT

Two new family support groups were launched this year for Tamil and Urdu speaking communities. Operating on a virtual platform during the pandemic, the Family Caregiver Education program supported almost twice the number of people. This is reducing the waiting list for families.

SOME HOTELLING STATS OVER FOUR MONTHS FROM DECEMBER 21 TO APRIL 30, 2021:



24 INDIVIDUALS
accessed hotels
(19 households)

6 HOUSEHOLDS
(11 individuals) secured
housing during this
timeframe

1 CLIENT
was able to secure
housing within 20 days



After each session I felt at peace, recharged and very positive. I loved the feeling after each course session of "I can make this work." I can live life with mental health issues in my family because I know how to handle it."

- Client

Access to care

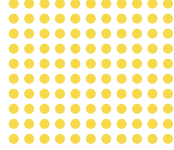


“For me it’s that moment that you can have to help guide them, help them work through some issues, concerns and personal problems that they’re going through, but also learn a lot of things around their mental health.”

– Stephen Liu, Mental Health Educator, Youth Wellness



WATCH IT NOW
Access to Care:
Youth Mental
Health Services



Innovation and thought leadership

YORK REGION'S FIRST MENTAL HEALTH AND ADDICTIONS CRISIS HUB

In December 2020, the Ontario government announced an investment of up to \$200,000 to support the planning and development of the MHA Crisis Hub to improve access to mental health and addictions services in the region and better connect patients to community mental health and addictions supports.

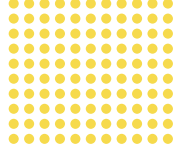
Advancing our shared vision of mental health for all, the York Region Mental Health and Addictions Crisis Hub (MHA Crisis Hub) will serve as a 24/7 resource for people 12 years or older experiencing a mental health or addictions crisis. Providing an alternative option to hospital emergency departments, individuals and their families will have access to crisis, stabilization and withdrawal beds, as well as coordinated access to ongoing community-based care.

Plans for the hub are currently in development including work with community leaders on the Site Selection Advisory Committee to find an accessible York Region location.

Throughout the pandemic, CMHA engaged with Ontario Health Team partners, regional pandemic response tables, Human Services Planning Board for York Region and established other unique partnerships to provide mental health, addictions and wellness supports for the communities of York Region and South Simcoe.



**ACTIVELY
PARTICIPATED IN 5
ONTARIO HEALTH
TEAMS**



Innovation and thought leadership

BOUNCEBACK & ONTARIO STRUCTURED PSYCHOTHERAPY (OSP)

CMHA-YRSS's reach with high efficiency BounceBack and Clinician Assisted Bibliotherapy expanded across Ontario during the pandemic including developing new modules focused on the pandemic and social isolation. We increased our service capacity by 18% by adding 10 new coaches in 2020 and increased clinician time to provide Clinician Assisted Bibliotherapy.

OSP is a stepped-care program that services Ontarians with mild to moderate depression, anxiety and anxiety related problems. High efficiency means that we offer the least amount of intervention to produce the best outcomes. If a participant is not demonstrating recovery through a high efficiency program, then that individual is offered a high intensity treatment such as, individual cognitive behavioral therapy sessions with a trained clinician. Throughout the year, we supported the development of a plan to take on further responsibility and leadership within OSP to provide the full spectrum of stepped-care.

In April 2021, the Ministry of Health announced that CMHA-YRSS was the first and only community mental health agency to become one of the ten, new, Network Lead Organizations (NLO) for Ontario Structured Psychotherapy to coordinate and deliver new modes of high intensity treatments. Over the next two years, we will transition to providing high intensity services in our region including the old Central LHIN boundaries (North York Central, North York West, York Region & South Simcoe) and West Woodbridge, North Etobicoke and Malton (in the former Central West LHIN).

THE LONELINESS PROJECT

We created and led the Loneliness Project's coalition of experts to develop the first evidence-based framework and action plan to eradicate chronic loneliness on a global scale.

OUR BOUNCEBACK SERVICE CAPACITY BY 18% IN 2020

In April 2021 we were named Network Lead Organization (NLO) for Ontario Structured Psychotherapy to deliver new modes of high intensity treatments

Operational excellence



I love the fact that as soon as I joined the organization, it immediately felt like home.”

– Monika Sirro, Recruiter, People and Culture



WATCH IT NOW
Operational
Excellence:
People + Culture

Operational excellence

We are working smarter, faster while keeping our focus on privacy and security.

MODERNIZED EMPLOYEE VALUE PROPOSITION

It is well understood that to be the best you need to develop a healthy culture and attract great talent. Last year, we focused in on culture, enhancing our training in diversity, equity and inclusion and creating a robust performance and career development and coaching program.

Underpinning our efforts was a review of our compensation and benefits structure as we modernized to enhance our position as an employer of choice. In the end we take care of our people so they can take care of our community.

EFFICIENCY AND LEVERAGING TECHNOLOGY

Moving to integrated online systems to save time and bring value was part of our strategy. The pandemic expedited this journey and we are thrilled with the results.

We moved our entire HR process from recruitment, onboarding to payroll and performance management entirely online using a one-stop shop tool as well as converting all our in-classroom trainings to virtual format delivery. This will certainly help us manage our future growth and service demands.



RECRUITMENT AND INTERNAL TALENT MOVES



As of March 31, 2021:

**334 STAFF
64 NET NEW POSITIONS
75 VOLUNTEERS**



Philanthropy

PHILANTHROPY

At CMHA-YRSS, philanthropy is a team sport. Our donors are beside us every step of the way, making investments that help us meet the demand for vital services and innovative programming not fully funded by the government. Our donors provide financial support that turns bold ideas into inspired action.

Philanthropy keeps unfunded or partially funded programs going, such as MOBYSS, Youth Wellness, Gender Affirming Clinic, Family and Caregiver Education and more.

Your support also provides needed inspiration to keep us moving forward and seeking new ways to help those most in need.

MENTAL HEALTH IN MOTION / KEEP MOBYSS IN MOTION

Mental Health in Motion is CMHA-YRSS's signature annual fundraising event. However, the pandemic forced the cancellation of this much-anticipated event and we pivoted our in-person event to an online fundraising campaign. Hundreds of individuals transitioned their registrations into donations and reached out to their friends, families and colleagues asking them to make a gift that would keep MOBYSS in MOTION!

In a year that was unlike any we'd ever experienced before, donors to the Keep MOBYSS in MOTION campaign stepped up and raised \$84,909, proving that events don't raise funds...communities do.



Philanthropy

COMMUNITY EVENTS

The support of our community is the key to our success.

Community-hosted events are a wonderful way to give back, say thank you, and raise funds for Canadian Mental Health Association York Region and South Simcoe. A few highlights this year included:

- **27th Annual Richmond Hill Mayor's Charity Golf Tournament** was cancelled due to the pandemic, however the Richmond Hill Mayor's Charity Golf Tournament participants and sponsors made an amazing \$35,000 donation "fore" youth mental health through MOBYSS.
- **100 Men Who Give a Damn Newmarket** directed \$3,300 to CMHA for MOBYSS in one of their first online meetings.
- **Explorer Hop**, a group of young entrepreneurs enrolled in the Explorer Hop program self-published Kids Cooking Madness: A Cookbook by Kids for Mental Health and donated the (very yummy) proceeds to us.
- **Victoria Markham Square Lions Club** held an online fundraising effort and raised \$825 to purchase grocery gift cards that CMHA-YRSS distributed to clients who were facing food insecurity during the pandemic.
- **100 Women Who Care New Tecumseth** chose MOBYSS, which has long supported the mental health of youth in the South Simcoe community, as the recipient of their first donation of 2020.

In a year where many events were cancelled, postponed or went virtual for the very first time, we recognize the added effort it took host an event on our behalf. Our sincere thank you to the organizers who transitioned their events, and for the hundreds of people in our York and South Simcoe communities who continued to participate in and support those undertakings in new and innovative ways.



Philanthropy circle of friends

Canadian Mental Health Association York Region and South Simcoe Circle of Friends leadership giving society recognizes donors who make an annual commitment of \$500 and more.

100 Men Who Give a Damn
Newmarket
100 Women Who Care
New Tecumseth
100 Youth Who Care Central
York Region
Alliston Lions Club
Essam Aly
Aurora Minor Hockey
Awesome Foundation
Newmarket
Kyle Bagg
Bozica Balenovic
Bazil Developments Inc
Bell Canada
Laura Bhoi
Borden Ladner Gervais
Sandra Margaret Bundy
Joshua Campbell
Cindy Carbino
Catholic Womens League,
Our Lady of Grace
Cattanach Hindson Sutton
VanVeldhuizen, Barristers
& Solicitors

Randy Chew
CIBC Wood Gundy - Barrie
Cohen Highley LLP
CRH Canada & Dufferin
Concrete Rabbath
Sherry Currie
Innovation Drive Dental
Descon Conveyor Systems
ECCO - Employee Charitable
Contributory
Organization c/o Dillon
Consulting Ltd.
Dragon Hearts
Estate of Robert John Ellis
Explorer Hop
Michael Favelyukis
Brian Fazackerley
David & Lisa Fickel
Foster Family Chiropractic
Monica Gaudry
General Mills Canada Corp.
Frederick George
George Rappos Insurance
and Financial Services Inc.
Nour Hachem-Fawaz

Hamilton Community
Foundation
Catherine Hermans
Nancy Hogue
IBM Employees' Charitable
Fund
Mustafa Khaliq
Susan LaRosa
Carol Lever
LifeLong Learning Markham
Gina Lillico
York Sheet Metal Limited
Loblaw Companies Ltd
Magna International Inc
Catherine Matzig
McCall MacBain Foundation
John McLean
McMillan LLP
Susan Mendes de Franca
Jeff Mills
Mark D Murphy
Ancon Properties
Anni Pulkki
David Rae
Randy Bagg Golf Tournament

RBC Dominion Securities
RBC Dominion Securities -
Newmarket
Richmond Hill Mayor's
Charitable Golf
Tournament 2020
Roy Saad
Hershey Sakhrani
Cynthia Sargeant
Rebecca Shields
Manjit and Nindy Sidhu
Philip Smith
Brian Snyder
Dawn-Marie Stevens
Evelyn Sutherland
Arthur Tassie
Carol & Mel Thompson
Timbercreek Capital
Riel Tire Accessories &
Equipment
Carol E Tremayne
TS Tech
Util-Assist Inc.
Alison Wines
Lisa Wood



Partners in caring

Monthly and recurring supporters of CMHA-YRSS make a lasting impact. They provide ongoing funding for innovative programs and services that support clients and families when they need help the most.

Tasneem Alibhai
Hannah Anidjar
Yalda Arzani
Kavita Balabhaskatan
Bozica Balenovic
Edna Bazante
Laura Bhoi
Marco Bonadie
Ana Castonguay
Helen Chagigiorgis
Alina Chernyak
Hermione Chong
Sylvie Cleroux
Kim Conley
Carol Cox
Thomas Crapopoulos
Jim Cressos
Cheyanne Daniels
Catherine Dawson
Nicole DeAgazio
Sharon De Furia
Jacqueline Delfosse
Tammy Lynn Downton
Melissa Enmore

Brian Fazackerley
Nancy Gagnon
Monica Gaudry
Glen Gifford
Kayla Gillis
Hilary Gray-Ali
Susan Greenough
Michelle Hermans
Heather Hilker
Michael Holker
Ashley Hogue
Heather Hoskins
Michael Huffman
April Humphries
Christopher Jackson
Mimoza Jakova
Daniel Jones
Mustafa Khaliq
Anahita Kiani
Deborah Kies
Handan Kurunc
Susan LaRosa
Robert Lavoie
Deborah Leblanc

Urbain Lesperance
Carol Lever
Kim Lewis
Amy Liang
John Lourenco
Danielle Luciano
Ann Mallory
Catherine Matzig
Devon Mayor
Karen McInerney
Bonnie McLaughlin
John McLean
Denise Miedzinski
Michelle Mohammed
Sean Murphy
Kristen Nunes
Nicole D. Parker
Himanshu Pathak
Anni Pulkki
Venkadesh Rajasekaran
El-Noor Rashid
Roy Saad
Hershey Sakhrani
Emma Salt

Toni Schofield
Lesley Seaborn
Rebecca Shields
Carlie Silk
Monika Sirro
Komal Soni
Dawn-Marie Stevens
Jenna Stewart
Antoline Thiruchelvam
Carina Vainfus
Laura Vieni
Carol Wade
Hayley Winston
Peggy Wong
Lisa Wood
Stephanie Yuen
Nancy Zhang
Anonymous





canadian mental health association **York and South Simcoe**



Canadian Mental
Health Association
York and South Simcoe
Mental health for all



cmha-yr.on.ca



@CMHAYork



@CMHAYork



@CMHAYork



CMHA York and South Simcoe

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Alliston

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Markham

3601 Highway 7 East, Suite 710
Markham, Ontario
L3R 0M3

Newmarket Courthouse

50 Eagle Street East, Room 2088
Newmarket, Ontario
L3Y 6B1

Aurora

15150 Yonge Street, Suite 201
Aurora, Ontario
L4G 1M2

Newmarket

1101 Nicholson Road, Unit 5
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Vaughan

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