

Connect & Inspire!

VIRTUAL CAMPING WEEK HIGHLIGHTS



PHOTO & ART BY ANONYMOUS

See page 3 for more about our virtual camping fun!

All articles, stories and poems are written as personal opinions and experiences, and are not official statements or representations of CMHA.

Community Connections
CMHA, York & South Simcoe

Our programs

Our website

Contact us at 1-866-345-0183
or 905-841-3977

Contribute to the Mindful Digest.

Forward content to Jennifer Lee Jones,
jjones@cmha-yr.on.ca

The Mindful Digest is Designed &
Produced by Jennifer Lee Jones
(our offices are currently closed and pro-
gramming is online or by phone.)
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If you are in crisis,
please call 1-855-310-COPE

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Connect & Inspire!

MEMBERS' WRITER CAFE

MASK

BY L

Please- Adjust your
mask – a.k.a. no
mask, no service.

We are talking
today, speaking
across from each
other, and I am
aware of your hand.

Your hand, is
moving to your face,
to adjust your mask.

I feel an urge to
adjust my mask.

Do I have to adjust
who I am too?

As to how I think,
how I look, how I
talk?

In a few years, there
can be a mural of
used masks, on a
wall somewhere,
reminding people
how we adjusted?

Or did not adjust, to
the pandemic –
handemic.



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VIRTUAL CAMPING WEEK HIGHLIGHTS

BY SHARLENE WONG, CMHA,

Virtual camping week is one way we have been able to create a sense of wonder and joy for CMHA clients from multiple programs when times are tough and uncertain.

(Continued on page 4)



PHOTO BY ANONYMOUS

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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 3)

Throughout this week we had five days of learning and connection with others through groups that challenged campers to explore their worlds and themselves in different ways!

(Continued on page 5)



PHOTO & ART BY ANONYMOUS

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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 4)

Together we created artwork, sang campfire classics, danced, made a meal, learnt about astronomy and the natural world - but more importantly we also built connections while boosting resilience in this time of change.

(Continued on page 6)



PHOTO BY ANONYMOUS

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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 5)

We have received feedback from participants including:

“Everything was amazing. Hopefully soon we can do this all in-person.”

(Continued on page 7)



PHOTO BY ANONYMOUS

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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 6)

“I enjoyed being
with people and
having fun.”

(Continued on page 8)



PHOTO BY ANONYMOUS

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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 7)

“I enjoyed the groups very much. The choice in topics was good and they were interesting.”

(Continued on page 9)



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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 8)

“I liked the theme of nature and camping for all the groups. It was really interesting and I learned a lot.

(Continued on page 10)



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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 9)

I enjoyed the break from regular groups to something fun like camping. It's nice to focus on something fun and not just recovery all the time."

(Continued on page 11)



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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 10)

“I enjoyed everything. I had a great time and had something to look forward to everyday and it was to see other people’s creations and hear what they had to say.”

“I enjoyed seeing the smiling faces, the jokes and laughter, the education, the comradery.”

(Continued on page 12)



PHOTO BY ANONYMOUS

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VIRTUAL CAMPING WEEK HIGHLIGHTS

(Continued from page 11)

Thanks to all who contributed to the success of our virtual camping week.

Whether it was recommending this fun-filled week and helping campers sign up, organizing and running groups, creating/delivering camping care packages, or following our journey/prompts on social media.



PHOTO BY ANONYMOUS

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SHINE YOUR LIGHT!

YOUR SUBMISSIONS

The Mindful Digest is looking for submissions!

To contribute to this publication, email your poems, stories, photos, recipes and drawings, and how you wish to be credited (e.g. initials, first name

only, pseudonym, anonymous etc.

to Jennifer: jjones@cmha-yr.on.ca

Get creative and inspire others!

DEADLINE is the 15th of each month.

PAST ISSUES

- ♦ [August, 2021 Issue](#)
- ♦ [June / July, 2021 Issue](#)
- ♦ [May, 2021 Issue](#)
- ♦ [April, 2021 Issue](#)



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JOIN OUR VIRTUAL GROUPS

Contact:
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[Our programs](#)
[Our website](#)
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1-866-345-0183 or 905-841-3977

OUR NEW WEBSITE

We are in the process of making our website new and better than ever. Our calendar can be found online [here](#). Can't find the Zoom Link for

your group? Be sure to check the Junk Mail the morning of the group or contact the group leader in the brackets of each group.

FEEDBACK? QUESTIONS?

Please feel free to connect with me or the group leader in brackets next to each session (it is the most effective way of getting specific information/assistance related to a group).

Anonymous feedback can be submitted to our Virtual Comment Box here: <https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/CommunityConnectionsFeedback>

NEED SOMEONE TO TALK TO?

We have redeployed staff to provide telephone-based supportive counselling to our community, to support people experiencing higher levels of stress and anxiety due to COVID-19.

To learn more call 1-866-345-0183 or 905-841-3977

NEED TO TALK TO SOMEONE?

Call 1-866-345-0183

If this line is busy call 905-841-3977

Monday to Friday 8:30 am to 4:30 pm
More information available on our website



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

There comes a day when you realize turning the page is the best feeling in the world, because you realize there is so much more to the book than the page you were stuck on.

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MEMBERS' ART GALLERY



ART BY EMILY

ART is Life

BY JAMES

Art is an act someone takes that has an affect on someone, including ourselves.

Life is action we make and the re-action.

Art is life.

I like the thought of walking through life with a wet paint brush ahead of me.