

2016

May

June



Mental Wellness Centre

BC Schizophrenia Society-Penticton Branch

Iris Express

You can help youth and young adults in recovery from a mental illness. Join Move to Defeat Depression May 14th, 2016. Follow the elephant from Rotary Park down Lakeshore Drive to the Sicamous.

Register or donate at [Penticton Defeat Depression](http://mdsc.akaraisin.com/Penticton2016) mdsc.akaraisin.com/Penticton2016

Join our 2-4-1 event challenge!

★ **Sign up now** and challenge two of your friends to also participate in a Defeat Depression event.

★ They in turn challenge two of their friends, who challenge two of their friends, and so on...

Let's start a chain reaction to get people involved in helping local mental health charities.

DefeatDepression.ca
Surmontez la dépression

Martin House program has social events planned for the coming months. Call Denise at 250-493-7338 to join the fun.

Strengthening Families
Together
Helping Canadians Live with Mental Illness

Next sessions 5 Saturdays May 28 to June 25th. 10 am to 3 pm. Lunch provid Register NOW 250-493-7338

It's time for the Annual Meeting.

Mark your calendar for Wednesday June 29.

Members will be voting on revised constitution and bylaws which are required due to changes in the Societies Act.

We now have 108 lifetime branch members. A louder shared voice for better services for persons who have a mental illness.

Call for Directors:

Do you have 6 hours per month available? Consider applying to become a new board member. Send your resume and expression of interest to Jim Cleghorn Chair of Governance Committee by mail to our office or by e-mail to bcsspenticton@shaw.ca .

CALL FOR ARTISTS 2016 Psychiatric Art Show

The Penticton Art Gallery and the Mental Wellness Centre invite mixed media art works for the 10th Annual Psychiatric Art Show. The visual arts provide people experiencing a mental health issue ways to express their thoughts and feelings.

This art show is an opportunity for individuals to present to the world their lived experience as a person with a mental illness/concern or as a person giving support.

Contact the Mental Wellness Centre, #118 – 246 Martin Street Penticton, or call 250-493-7338 to enter a work. All works must be on canvas or suitable for framing (frames can be provided). One piece per artist. The closing date for entering art is Friday, August 19, 2016 at 2 p.m.

The show celebrates Mental Illness Awareness Week October 2-8.

National Schizophrenia Awareness Day

The Schizophrenia Societies across Canada have come together in a collaborative venture to raise awareness of schizophrenia and psychosis.

Every year on the 24th of May we want to paint the country purple!

Wear Purple to show your support



Yes I want to support the
Mental Wellness Centre

BC Schizophrenia Society Pentiction Branch

CRA Reg: 892248675BRR0001

Donate through [CanadaHelps](#). OR send cash or cheque: #118-246 Martin Street Pentiction BC V2A 5K3