



**Canadian Mental  
Health Association**  
*Mental health for all*

The Canadian Mental Health Association- Melville Branch started in 2016 out of the desire to create more mental health support and awareness in our community. It has a dedicated board of directors who work to bring educational courses and public presentations to improve the mental health literacy of our society. During the past year we held a Mental Health First Aid Course and this year we are hosting an Applied Suicide Intervention Skills Course. We have also hosted speakers such as Cindy Werner of Hope Heals Regina to share their experiences and motivations. We host a monthly Mental Health support group that is open to anyone who wants to share their mental health experience and find support from the others in the group. It is the first Wednesday of the month at 7 pm at the Community Works Building. CMHA- Melville Branch uses the money from fundraising efforts to bring these events either free or at a low fee so that cost is not a barrier.

If you are interested in joining the Board you can contact Tim Ziola at 306-728-1068 or email us at [melvillecmha@gmail.com](mailto:melvillecmha@gmail.com). Join our Facebook page: CMHA Melville Branch.

The mailing address for CMHA-Melville Branch is: Box 1689, Melville, SK S0A 2P0.