The 14th Annual

Mental Health Classic

Thursday, September 2, 2021

presented by

VOLVO

Volvo of Edmonton

ON THE GREEN SPONSORS

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Edmonton Country Club, 6201 Country Club Road

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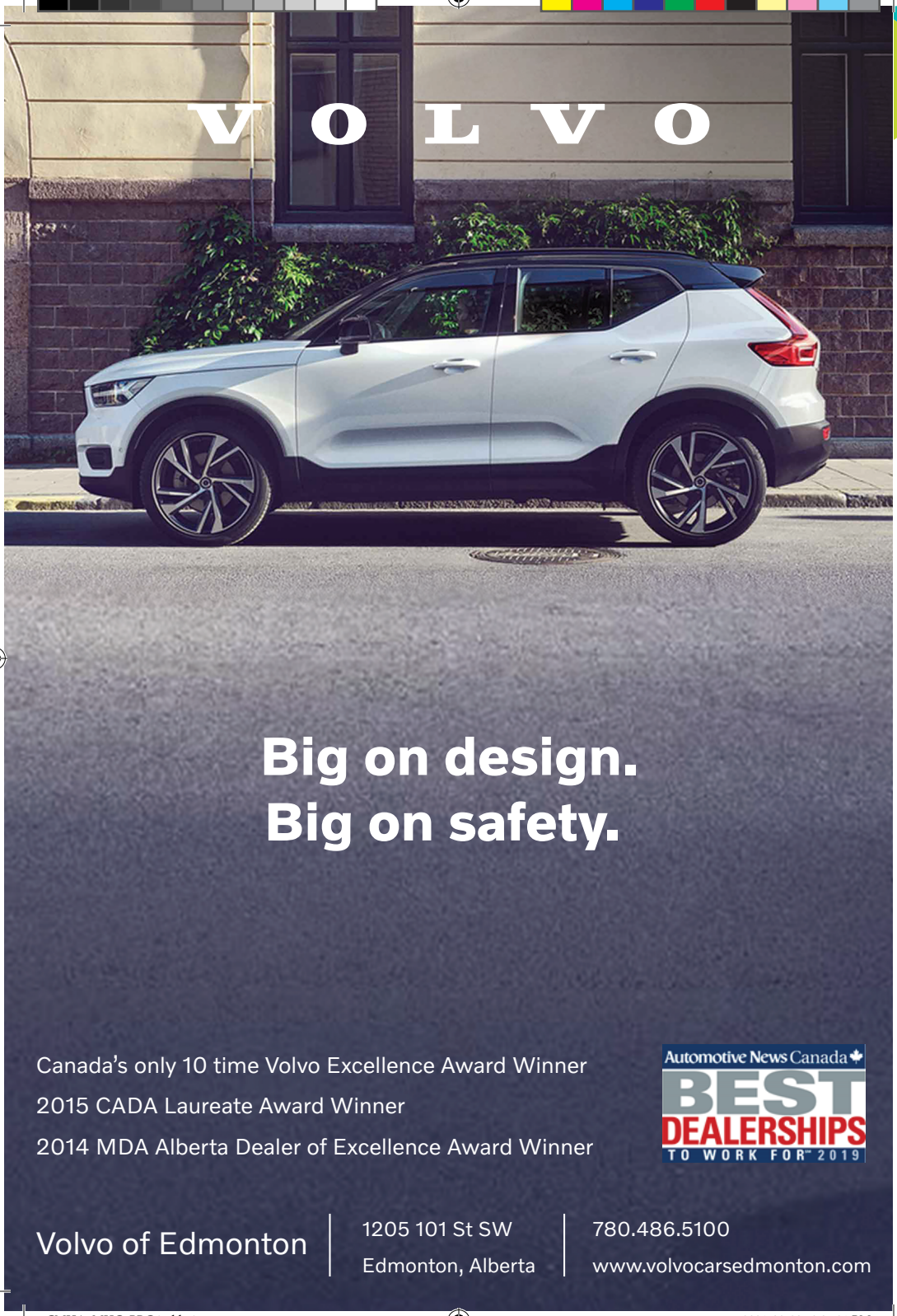

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Message from the Executive Director

Welcome back! After a year off, it feels great to be able to come together once again and celebrate the 14th year of our annual Mental Health Classic presented by Volvo of Edmonton.

Your participation today is a signal of your commitment to supporting individuals and their families who experience mental illness and related challenges. Each year, the Mental Health Classic raises critical funds for our programs and services that help community members from all walks of life. Your support makes it possible for CMHA Edmonton to help more people get the support they need when they need it.

The COVID-19 pandemic has been a double-edged sword when it comes to mental health: while almost everyone has struggled with mental health in some way, we have also never had more widespread appreciation of its importance. Now more than ever, we can leverage this recognition to address system gaps and simplify how people access the services and supports they need. Together, we can create a more effective, efficient, and intelligent system of care for our region to respond to existing demand and escalating needs into the future.

We know it has been a difficult year for our community, and we want to extend our gratitude to our supporters for remaining steadfast in the mission to improve mental health for all. While the future remains uncertain, the continued dedication of our community and supporters is a clear indication that positive change is underway.

From all of us at CMHA Edmonton, thank you for being part of the movement to ensure all people experience good mental health and well-being.

Sincerely,

Giri Puligandla
Executive Director
Canadian Mental Health Association – Edmonton Region

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Event Program

The 14th Annual
Mental Health Classic

presented by
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Volvo of Edmonton

Canadian Mental Health Association
Edmonton
Mental health for all

- 7:45am - 8:45am
  Registration and Breakfast

- 9:00am
  Shotgun Start
  Please make sure to be at your golf cart by 8:50am

- 2:30pm
  Lunch
  Enjoy the Edmonton Country Club's Grande Buffet

Mulligans

Maximum of three mulligans per player. Mulligans cannot be used on hole-in-one prize holes. Mulligan tickets can be purchased at the registration table for 1 for $10 or 3 for $20.

Golf Rules

The Texas Scramble format uses the team's best ball for every shot on each hole. All players can tee off at each hole. Nominated team captains select the best shot to play from.

After the team's best tee shot is chosen, golfers retrieve their own ball and play from the tee peg. The tee peg is to be placed within 6 inches of the chosen ball, not closer to the hole. The above method of play is followed until the green is reached.

On the green, the same method applies, and the chosen ball is marked by a putter head length. The other players putt from the same spot in turn. Each player must marker their ball after putting. Play continues from each chosen position until the ball is holed. Once one player sinks the putt, the others do not need to putt. The score is the total number of shots from the chosen spots including the tee shot.

Score Cards

Team captains will record the team's score on a score card and ensure the team name is on the card. Please hand your team's score card into our volunteers when returning to the clubhouse.

Team Scoring

Team scoring is the number of strokes it takes your team to sink the ball. Scores for all holes will be added and the lowest score wins!

In the Event of a Tie

The team with the lowest scores for holes 16, 17 and 18 will be declared the winner. If not definitive, the hole scores will be considered one by one in sequence (ie. 15, 14, 13, and so on).

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Silent Auction

New to this year's tournament, we have taken our silent auction online! To peruse and bid on silent auction items please scan the QR code below, or visit (https://givergy.ca/MentalHealthClassic/).

Need help? Ask one of our volunteers!

Silent auction items include:

- Certificates for hotel stays
- Barbeque and liquor gift sets
- Gift certificates for dinners and experiences
- Self-care and pamper baskets
- Car detailing and more!

Mental Health Classic Raffle

This year, our raffle is for a Pit Boss Barbeque, $100 liquor gift card, a Frigidaire Beer Fridge, and a Corporate Sleep Program for your organization (up to 100 employees).

Tickets are $10 each.

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Canadian Mental Health Association
Edmonton
Mental health for all

MISSION:

To ensure that all people experience good mental health and well-being.

VISION:

Stronger Communities. Smarter Systems. Simpler Journeys.

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CMHA Edmonton supports mental health in the community through training and education, crisis support, system navigation, peer support, and family support. Our focus on mental health education is seen in training programs such as Recovery College Edmonton, ASIST, and Mental Health First Aid.

Trained staff and volunteers provide crisis support to the community at no-cost through the Distress Line and navigation support is provided to hundreds of Edmontonians each day through 211. New to Edmonton this year is Brite Line, Edmonton's first support line for the 2SLGBTQIA+ community.

At the heart of CMHA Edmonton's service delivery is lived experience and peer-to-peer learning which is exemplified through our peer support services. An emerging focus for CMHA Edmonton, family supports will aid families and provide assistance for caregivers and loved ones of those living with a mental health concern.

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This event would not be possible without the support of individuals and organizations within our community. These organizations made donations and helped support our silent auction, raffle, golf prizes and more.

Thank you for helping make the 14th Annual Mental Health Classic presented by Volvo of Edmonton a success!

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Polar Park Brewing Company

Relationship Counselling by Joyce Schafers

Royal Alberta Museum

Royal Tyrrell Museum

Ruth's Chris Steak House

Sentimental Gems

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SunDog Tour Co.

The Cheesecake Café

The Fort Distillery

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XIX Nineteen St. Albert

Yukon Brewery

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The global health pandemic has highlighted gaps in mental health services throughout our region and Albertans have felt the impacts. According to CMHA studies, **33% of Albertans identified access to mental health supports and services as one of their top concerns** for themselves and their community in response to COVID-19. Additionally, the anticipated growing demand for mental health services has many Albertans expressing concern for equitable access to these services and the ability to meet the increased demand. Approximately **45% of Albertans report deteriorating mental health since the onset of the pandemic**, including 54% of those with a pre-existing mental health condition, 47% of those with a disability, and 46% of 2SLGBTQIA+ people.

While the COVID-19 global health pandemic has posed unique challenges to service delivery, CMHA Edmonton continues to serve the community and advocate for quality mental health care in our region. **From April 2020 to March 2021...**

211 responded to 73,243 calls including 24,460 calls to the 24/7 Crisis Diversion team

Recovery College Edmonton offered 79 courses to 696 learners

The 24-hour Distress Line responded to 14,820 calls and provided 11,958 referrals to local services

Suicide Bereavement Support Services supported 295 clients and 151 support groups

Advocacy and Wayfinding supported 903 unique clients

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Thank you for participating in the 14th Annual Mental Health Classic! Your donation supports the ongoing delivery and expansion of CMHA Edmonton programs and services and helps to support people within our community. Thank you!

CMHA Edmonton extends sincere thanks to the members of the 2021 Mental Health Classic Organizing Committee for their time, energy, and dedication.

Alex Abboud

Abby Bruyer

Amy Luu

Anne Halldorson

Chris Sikkenga

Dick Southworth

Emily Ullman

Gary Corlett

Megan Germsheid

Violet Germsheid

Interested in learning more about the Canadian Mental Health Assocation – Edmonton Region?

Visit us at edmonton.cmha.ca
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