

## Canadian Mental Health Association

Over the last year we have tripled the amount of programs we deliver and the clients we serve. We have so many success stories because of the work we do we will share a few quotes:

“This course has helped save my marriage”

“Helped me to forgive things”

“This workshop will develop a positive framework in the minds of anyone who participates in it”

“This should be a mandatory course in High School before graduation, Grades 11, 12 along with volunteer time mandatory. It would help young people deal with emotions”

“I feel this workshop saved me from the jail I have been in, finally I’m free.”

“Great to hear other people in the course about their experiences in their life helps me feel less alone in my struggles”

“This society needs more positive classes like this as a means of supporting family health & happiness on family life”

“I have become a better parent and my own self-esteem was built-up”

“This course is good for all women and should be taught in high school”

“I like myself now! Negative is no longer in my vocabulary”

“My health was on the edge. I need physical, mental and emotional help. I got it! This workshop has bettered me in so many ways”

“I have learned some de-stressing and relaxing techniques when things get tough”