



Le Havre
Our Harbour

Providing a haven for people
living with mental illness

Spring 2014

Our Harbour celebrates 10 successful years



Come celebrate with us so we can thank you in person.

In gratitude to all our supporters over the past 10 years, we cordially invite you to attend a 5 à 7 reception prior to our Annual General Meeting.

Monday June 16th, 2014 Time: 5 – 7 pm

Place: St. Lambert Curling Club, 660 Oak, Saint-Lambert
Hors d'oeuvres and Cash Bar

Winter Fun on Mont Saint Hilaire

Three of our residents (Jonathan, Diana and Billy) and Linda Magher, a volunteer, recently joined 12 others on the RV-CLC (Richelieu Valley Community Learning Centre) walk at Mont St. Hilaire, organized by Brian Pedder. Some walked in winter boots with ski poles and many used snow shoes with ski poles (all equipment was supplied for free by the RVCLC in collaboration with Mountainview School). Then they went to the RVCLC centre at Mountainview School in Otterburn Park for the real fun: hot chocolate with coloured marshmallows, fresh coffee, hot dogs, chips, and cookies (prepared and provided by the RVCLC). Then they watched the movie *Grown Ups* on the big screen projector.



Everyone had a great time and our residents look forward to doing more hikes and other activities such as canoeing with Brian (2nd on your left) and the gang.

This activity is a great example of residents normalizing their lives: they got to get out there with nature and were physically active while meeting new people and experiencing new things. Our Harbour warmly thanks Brian Pedder for involving us in this RV-CLC outing.



MARK YOUR CALENDARS
FOR THE DEFEAT
DEPRESSION WALK
May 25th, 2014

On May 25th, 2014, Our Harbour, in cooperation with Lundbeck Canada and the Mood Disorder Society of Canada, will host the Defeat Depression walk. It takes place in Montreal from 10 am to noon and is 5 km. Come walk with us through

Parc Lafontaine and on the streets of Plateau Mont Royal to help raise awareness of mental health and reduce stigma associated with mental illness.

We are hoping to raise at least \$2,500.

Proceeds from the Montreal Defeat Depression Walk will be donated to Our Harbour: To do this, we need your help!

We'd love you to join us and/or make a donation. Bring your lunch and we'll have a picnic after.

REGISTER NOW! Go to <http://mdsc.akaraisin.com/mtl2014>
You can join as an individual, join a team or form your own team.

You can easily find the event on www.ourharbour.org and follow the links.

If you prefer to support Our Harbour but can't walk, click on DONATE TO THE EVENT or PLEDGE A PARTICIPANT.

For more information, e-mail us at montreal@defeatdepression.ca

Or call 450-671-9160

You ARE
EXTRAORDINARY.
Yes, you ARE!

“Extraordinary experience”

*Jessica Harling from Dawson College
has just completed her stage at Our
Harbour.*

My experience at Our Harbour has been an educational and enriching experience. I have established relationships and I have been blessed with the opportunity to assist the residents with their needs, work and observe the dependable, hardworking staff members and meet the many wonderful volunteers who make Our Harbour possible.

Working with the residents has been inspirational to my future. It has been remarkable to see how one individual person can make a world of difference in their lives. Every day I learn something new; they are intelligent and highly capable individuals. Even though not every day can be easy, one day of seeing a smile can mean a thousand words. Motivation and direction are some of the key factors to assisting an individual with mental illness. Although, living with mental illness can have setbacks, Our Harbour is the hand that helps pull them back into the light.

I have hope for the residents and know they have the opportunity to grow. The amount of effort and work that goes into maintaining the organization, assistance from the community and volunteers, the devotion from the staff has truly made it an extraordinary experience. Our Harbour is an organization that comes from the heart, a positive and secure environment which individuals with mental illness feel safe to call home.

VOLUNTEERS WANTED

The Our Harbour Family likes to get together, volunteers and residents. Be it a backyard barbeque, going snowshoeing, taking a walk, or taking in a movie, there is always something to do. So why not join us?



*"THANK YOU TO OUR WONDERFUL
VOLUNTEERS"*

VOLUNTEERS

Our Harbour volunteers were royally feted by the staff and residents on Thursday, April 24th with candles, tulips and colored table placemats. This created a Happy Spring ambiance for the festivities. Dinner was prepared by the residents: salad accompanied by bread and cheese, spaghetti with homemade sauce, garlic bread, and a choice of 4 different decadent desserts. Everything was delicious! Each volunteer was presented with a hand-written note of thanks, signed by the residents. As well, residents from each of the five apartments paid tribute to the volunteers who make such a difference to their lives. Their speeches were very heart-felt and delivered with expert aplomb. Thank you in return from all the volunteers!

Tinker, tailor, soldier, doctor?

Yup! And we have two! George Fawzey and Mikhael Shahat have recently joined the Our Harbour volunteer crew with apartment 5. Though it's a little premature to ask these future Quebec doctors what they really think of OH, at our recent volunteer appreciation evening, George did observe, "It's a big family; you can see the relationships are strong between the residents and the volunteers."

George and Mikhael have jumped right in. They've celebrated March birthdays at Vichey's with the usual suspects; shared coffee with both residents of apartment five, René and Mario; and engaged in some lively discussions about religion and politics and the shelf life of the homo sapiens over a spaghetti supper hosted for the volunteers by the fabulous residents of Our Harbour. Three years ago, George and Mikhael emigrated from Egypt to Montreal looking for a peaceful place to raise their young families. Both doctors are in the process of obtaining the recognition of the equivalence of their medical degrees allowing them to practice medicine in Quebec. George and Mikhael are enthusiastic, energetic volunteers, keen to be active in the community; Our Harbour is most grateful that they chose us!

Welcome aboard!

Coordinator's Corner

What's new at Our Harbour??? **People**, certainly, as we have 3 new residents and they are all eager to say a few words of appreciation.

One shy resident stated that since his stay at OH he feels at peace: there is no pressure to do things that he does not want to do. He feels he can get help whenever he needs it and that means a lot to him. He also stated that now he is able to regulate his sleep time and go to bed around the same time every night and that is helpful. He appreciates going at his own pace.

Jacqueline, another resident tells how isolated she felt living on the South Shore, far from her friends, until she came to Our Harbour:

" Ce que Le havre à nous m'apporte dans ma vie c'est de reconstruire une vie sociale en me bâtissant un réseau social tout en ayant un environnement sain. Je remercie l'organisation de me permettre à me rebâtir à nouveau dans un nouveau environnement. Merci"

Jonathon wants to share his thoughts about coming to Our Harbour:

"For those who stumble and falter, or those who have a hard time, to those who can't find a place in the world, Our Harbour has been a glowing beacon of hope. In all honesty, I can't say that all of life's answers are here; there's no map to each one of our goals. But I see it more as a compass to point us in the right direction: to figure things out on our own, to find our own learning process, to give prospective ideas instead of absolutes and answers. Teaching and adapting has been crucial in my process. I can only imagine the wisdom and kindness that have been continually granted to us. Only two words come to me. Thank you!"

We are delighted with the progress of all our residents and wish them all continued growth and good health.

Perveen Khokhar; Coordinator, Our Harbour

Clara's Big Ride



Our Harbour, you're the Best (and so is Clara Hughes)

I had the great opportunity to see **Clara Hughes** as well as Serena Ryder and Coeur de Pirate on Wednesday, March 26th, 2014. Coeur de Pirate opened the concert singing and playing the piano beautifully. Then the five-gold-medal Olympian, Clara Hughes, came on and spoke about how she achieved her dreams, even though she suffers from mental illness.

Her message was loud and clear: "You cannot do it alone". In order to be in recovery, you need professional guidance and then you are capable of turning that energy we have at times sucked in by illness into a healthy passion that you love. And, she did just that. She also will be going on "Le Grand Tour de Clara", biking across all of Canada, including right here all through Quebec. She introduced Serena Ryder, a Juno award winner, who gave a powerful performance with her great voice. Then afterwards, Clara talked about mental illness and how it affected her. But with lots of support and professional guidance, she turned her energy into song and music. I'm fortunate to be in somewhat of a recovery myself so I'm able to appreciate these champions. I know that anything is possible if you listen to the right people.

I want to say thank you to Linda Magher and Mario of apartment 5 for their company and support to get us to our fabulous seats, three rows off the stage floor, along with the help of the St. John's Ambulance Corp, since I am in another recovery: my fractured hip. Like mental illness, this is something I'm not going to let stop me.

We also enjoyed a complimentary meal of the usual fare at the Bell Centre: hot dogs, chips and a soda. Finally, I would like take this opportunity to thank all the Our Harbour team for helping me to get where I am today – 3 1/2 years later. I feel very privileged. Thank you, thank you to you all.

Teresa, Resident of Apartment 3

FIND OUT MORE INFORMATION ABOUT CLARA'S BIG RIDE

by visiting <http://clarasbigride.bell.ca/en/>



It's hard to believe that **OUR HARBOUR** will soon be celebrating the ten year mark. It all started in Saint-Francis of Assisi Church basement with a handful of people who wanted to make a difference in the lives of English-speaking persons living with mental illness here on the South Shore.

Never believe that a few caring people can't change the world. For, indeed, that's all who ever have. Margaret Mead

Come join us on June 16th as together we celebrate Our Harbour's past, our present and most importantly, our future. Celebrations will be followed by our Annual General Meeting.

LE HAVRE À NOUS
ASSEMBLÉE GÉNÉRALE ANNUELLE

Lundi le 16 juin 2014, à 19h00

Au Club de Curling Saint-Lambert
660, av Oak, Saint-Lambert

La réunion sera précédée par une réception
en honneur de notre 10^e anniversaire,
de 17h00 à 19h00, y compris une période de questions.
Pour des renseignements, appelez au **450-671-9160**

OUR HARBOUR
ANNUAL GENERAL MEETING

Monday, June 16th, 2014 at 7:00 pm

St Lambert Curling Club
660 Oak Avenue, Saint-Lambert

In honour of our 10th anniversary,
the meeting will be preceded from 5:00 – 7:00 pm
by a reception, including an opportunity to ask questions.
For information call **450-671-9160**