



Le Havre
Our Harbour

*Providing a haven for people
living with mental illness*

So Much More Than Housing

Sure, Our Harbour offers cost-effective long-term housing to people living with mental illness whose options are often pretty bleak. But your donations mean that Our Harbour can help stabilize their troubled lives with

- ⇒ Friendly exchanges – with apartment mates, volunteers, trainees and staff
- ⇒ Socializing activities – through a variety of organized get-togethers
- ⇒ Health-care assistance – using experienced navigation to the right health and social agencies
- ⇒ Life skills support – expanding the soft skills toolbox to improve day-to-day living
- ⇒ Targeted workshops – shared approaches to living with mental illness
- ⇒ Celebratory events – marking life's good times together (birthdays, graduations...)

In this edition of the Newsletter, we present several viewpoints on how your dollars help our residents, and others, to find themselves.

OH Workshops Work Wonders

Darko Panic, an Our Harbour resident, says,

"I have always enjoyed the group workshops at Our Harbour. I like hearing everyone's positive and flattering comments about each other.

The exercises challenge us to think about ourselves and each other in new and interesting ways. The workshops give us ideas on how to best cope with our illness and teach us that we are not defined by our illness.

We learn about our illness, about ourselves and about each other. We see that we are not alone and that it's possible to lead a rich life and deal with mental illness at the same time.

The workshops give us hope, understanding and overall satisfaction. We finish feeling better than when we started. I look forward to each new workshop. I hope it always stays this way."

Your support makes these workshops possible.



Your help meant that Darko Panic could get really involved in a recent Our Harbour trip to the Montreal Planetarium.

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Support from **FEDNAV** just the ticket



Our ship has come in, as the saying goes, and it surely did when Fednav adopted us, bestowing such gracious bounties on us! This shipping company has been our friend and benefactor since 2008, supporting us with an annual grant and then, as if that is not enough, showering us with 'goodies' from time to time.

We have received tickets to visit the Eco-Museum where we got VIP treatment and a T-shirt for everyone to take home. We have received tickets to the Montreal Jubilation Choir to hear Trevor Payne and the gang and many more invitations to visit the Eco-Museum.



More recently, Fednav, in their gracious and generous way, decided to surprise us yet again with more treats than we could have imagined: a special package sent by courier containing free passes for bowling at Champlain lanes for 54 games, skating for 18 people and movie passes for 36 people complete with a drink and popcorn!

Our residents have been able to do some bowling and use some of the movie passes. Here are some quotes expressing their great joy and heartfelt gratitude:

"These free gifts encourage us to enjoy even more activities."

"All I can say is that OH activities have become something that we live for. Movies have always been our most popular activity, so the free movie passes have allowed us to enjoy our favorite activity while saving some money! We saw a great film, Batman vs. Superman, and we enjoyed the entire evening. We are looking forward to the next films we can see with the free passes and we will most certainly enjoy another entertainment-filled evening. Movies are great and free movies are the best."

"Thank you Fednav. You are not only giving us free movie passes but include popcorn and drinks. Cool! Never felt more spoiled and so special."

Fednav, your generosity in giving us the free movies and bowling is greatly appreciated. We have enjoyed indulging in these activities and we thank you for your contribution to our lives..."

A volunteer who accompanied the residents chimed in, "This gave us yet another good opportunity to get to know the residents even better. During such activities we get to socialize and exchange views on life in general. The movies become very special and a free one even more so. Everyone so enjoyed the whole package, movie, popcorn and drink. Felt like everybody else...These kinds of donations are extra special as they save Our Harbour money and add so much more to our residents' lives."

Yes, thank you Fednav. You have brought our ship home again!

Perveen Khokhar

**Mental illness
is not contagious.**

**You can't catch it
by being kind.**

Volunteers donate time.

Donors volunteer money.

So, if "time is money",

donors are volunteers and

volunteers are donors

Two more reasons to donate to **Our Harbour:** *In honour of... and In memory of...*

Picture this: your friend's birthday, anniversary or retirement is fast approaching and you are racking your brain, trying to come up with something unique and distinctive for that special someone who has it all.



Why not consider a donation to Our Harbour *in honour of* that special person? This comes as a fresh and welcome change from the gifts we typically receive—that we often end up re-gifting!

One of our donors who recently contributed *in honour of* her sibling's "significant" birthday explained:

"My sister is at the point in her life where she no longer wants to collect stuff!

She really appreciated the fact that a gift made in her honour was going towards improving the lives of those living with mental illness."

A novel means to remember a loved one who has passed away is to donate to Our Harbour, *in memory of* that special person. This too represents a unique way to pay tribute to someone who has been dear to you. Families really appreciate that their loved one is remembered so distinctively.



When you donate, either by mail or securely online through [Canada Helps](#), you will receive a tax receipt in your name. You may also request that a card be sent to inform the recipient or their family that a donation has been made *in honour of* or *in memory of*. A member of the Fundraising Committee will ensure that a personalized card is forwarded with the notice of your donation.

Susan Kerwin-Boudreau

Bequest from Audrey Bean

Where would Our Harbour be if it hadn't been for Audrey Bean? Not only did she help launch *Abri en Ville* in Montreal to provide a stable and fulfilling environment for people living with a mental illness but she came over to St. Lambert to visit interested groups that she believed could support a replication on the South Shore.

Whenever a meeting was held to discuss this possibility, Audrey, with her lovely smile and gently persuasive way, would take the chair. It was she who actually wrote the grant request that provided the \$15,000 from the federal government that allowed us to operate for the first two years before we got funding from Québec.

We would not have got under way without major hitches, as we did, if we had not had the manual that Audrey prepared for new organizations. This step-by-step manual made establishing Our Harbour and our sister organizations in Ottawa and Châteauguay very straightforward and ensured that we are all imbued with the same philosophy, although our individual ways of putting this into practice may differ.

These differences or variations come to light and are discussed at the Saturday network meetings which Audrey helped to organize every two years. Our Board, volunteers and residents have all derived benefit from these gatherings.

She was never too busy to help those in need and she worked tirelessly for numerous causes where she could see positive changes happen. And she came in person to see these changes for herself! She attended every Annual General Meeting of Our Harbour as well as other special events that we have held. She never forgot us.

And we will never forget her: sadly, Audrey passed away last year but she made us a handsome bequest. Our Harbour offers its heartfelt thanks to the Bean-Knowles family for this gift.

Lesley Régnier



AUDREY ELIZABETH BEAN

Our heartfelt thanks to our generous donors, January 2015 to March 2016

Bean, Estate of Ms Audrey	Magher, Linda
Bluteau, Lise	Malone, Michael & Rachel
Borlace, Patricia	Martin, Gretchen
Borrelli, Heather	McCormack, Olga
Boudens-Alexander, Beppie	Mehta, Pran & Renata
Candiac Wednesday Group	Ménard, Nicole, Députée de
Cantor, Hector	Laporte
Carr, Marilyn	Michaud, Liette
Carrier, Paul	Monro, James
Carter, Janet	Mood Disorders Society of
Cassin, Ann	Canada
Centraide du Grand Montreal	Nine and Dine Golf Group
Cherry, James & Jane	Noble, Lorette
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Jackson, Margaret	Stride-Coté, Beverly & David
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Kerwin-Borrelli, Honore	The Hylcan Foundation
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Les Oeuvre de L'Eveque de	Whitehead, Michael A
St-Jean	Whyte, Elinor
Libby, Sandra	Wiebe, Paul
Lion's Club of St-Lambert	Wigglesworth, David
Lundbeck Canada Inc.	Wojtowicz, Elisabeth
	Woodruff, Peter & Susan

**"A candle loses nothing by lighting
another candle."**

Italian proverb

Color printing courtesy:

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450-672-9722 ext. 249

2e étage de Taylor - Taylor's 2nd floor

We sincerely thank the chartered accounting firm of Desautels Di Santo Inc. and particularly Mr. Sam Del Giudice for their generosity in preparing the financial statements for Le Havre à nous/Our Harbour.

Our Harbour nurtures aspiring mental health providers

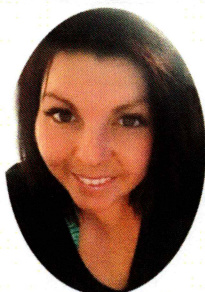
Our Harbour's mission includes a vital educational role which goes well beyond informing the public about mental illness. We also provide a staging ground for up-and-coming health providers enrolled in several Montreal area programs.

Select trainees (*stagiaires*) in Nursing and Special Care Counselling at Champlain College, Social Services at Dawson College and the Master's program in Occupational Therapy at McGill University have cycled through Our Harbour.

Our residents welcome their youthful enthusiasm and one-on-one attention. The students get valuable hands-on experiences out of the classroom while just a phone call away from Our Harbour Coordinator, Perveen Khokhar. Her skilful touch fine-tunes their time with us. They get to actually help people in need, helping themselves in the process. Reluctant to leave, they often stay in touch for years.

Take, for example, **Jennifer Campbell**, recently certified in Special Care Counselling through Champlain College - Saint Lambert.

This cheery, approachable single mother of three from St. Bruno thrived at Our Harbour, showing a strong practical side while excelling in workshop preparation.



Over Christmas she stepped into a temporary operational role while Coordinator Perveen Khokhar was away. Here is part of a letter she wrote to us ->

LE HAVRE À NOUS

ASSEMBLÉE GÉNÉRALE ANNUELLE
Jeudi le 16 juin 2015, à 19h30

à la salle de l'église
Saint-François d'Assise
844, rue Notre-Dame, Saint-Lambert

La réunion sera précédée par une période
de questions de 15 minutes
et un léger goûter à 19h00.

Pour des renseignements,
appelez au **450-671-9160**

OUR HARBOUR

ANNUAL GENERAL MEETING
Thursday, June 16, 2015 at 7:30 pm

St. Francis of Assisi Church Hall
844 Notre-Dame, Saint-Lambert

The meeting will be preceded by a 15-minute
question period and refreshments starting at
7:00 p.m.

For information call
450-671-9160.

Dear our Harbour,

Thank you for giving me the opportunity to learn and grow with our Harbour. I learned many things not only about OH but also about myself.

It was a pleasure meeting all of you and getting to know all of the residents. They are pretty fantastic people and my wish for them is that they continue to strive for the best and find what they are looking for, that they do not let the illness define them or limit their potential.

Remember, "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength".

Here I was coming in wanting to help or leave my imprints on someone and I have left with so much more. Everyone at our Harbour has taught me or inspired me in some way or another.

So again, thank you! I consider myself really lucky to have had the opportunity to work with our Harbour; it was a lovely learning process. I wish you all nothing but the best.

Kind regards,

Jennifer Campbell



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