



OUR HARBOUR

Harbourviews

See how your support makes a difference

Providing a haven for people living with mental illness

Newsletter / Fall 2018

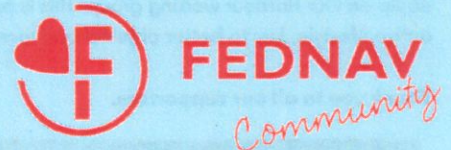
Navigator Program sets a course for the future!

With its launch this fall, Our Harbour's Navigator Program encourages our residents to explore goal-setting and skill-building in a supportive and enjoyable setting. Coordinator Regine Bouzi and *stagiaire* Caitlin Marchand provide structure and encouragement for all the residents to lay out their personal objectives for one, three and five years ahead. Monthly meetings afford the time to plot direction, review progress, make adjustments and celebrate success.

The Program also fulfils a complementary request from residents earlier this year for training in basic computer skills to help with everything from budgeting to CV development to looking for community resources online. Each apartment now has a computer for these purposes.

All of us at Our Harbour send out hearty thanks to the four very special corporate and community supporters whose combined donation of over \$28,000 made this project possible: Bell Let's Talk Community Fund, Fednav Community Employees' Committee, the Lions Club of Greenfield Park and the United Church of Greenfield Park.

Bravo and thanks to the multi-talented crew that is bringing this program to life: Our Harbour webmaster Peter Woodruff, resident Darko Panic, volunteers Susan Leclair and Rosalind Rembacz (both Bell retirees), community member Neil Bonnema, Champlain student volunteer Nic Bergeron, coordinators Regine Bouzi and Caitlin Marchand, and last but by no means least Web Project Coordinator Geneviève Caya.



New People & Projects!

Welcome aboard!

Our Harbour welcomed two new board members at our June Annual General Meeting (AGM).

At an Our Harbour presentation and call for board members at Holy Cross Church, Boucherville, in May, **Marie Muldowney** came forward to answer the call. Marie had heard about Our Harbour for many years and decided that she would like to be more tangibly involved. Her extensive financial and executive skills and experience as well as her compassion and spirit (she is a dragon-boater!) make her a great addition to the Board. "I am delighted to have the opportunity to work with devoted professionals and board members to serve a cause that is close to my heart," said Marie.

Our second new Board member, **Robert Morgan**, first surfaced at the June AGM. After a thorough review of our financial statements and budget, Robert agreed to join the Board. His extensive experience as a meticulous chartered accountant was soon put to use. He arrived as our long-time Treasurer, Edna Ouellette, stepped down from the role at the end of August (but has stayed on the Board). Robert loves to walk and can be seen striding through St. Lambert on sunny days taking care of Our Harbour business.

We are most grateful to Edna for her dedicated service as Treasurer over many years.

A warm welcome to Marie and Robert!

Marianne (not her real name), a new resident, got to the supermarket checkout and did not have enough money to pay for her groceries. She began selecting items to put back. Marianne had never learned to make a shopping list, look for specials or track the cost of her purchases as she went along. She did not know that you need a looney for a shopping cart.

Fortunately, other shoppers came to her aid and saved the day.

Why tell this story? Some people living with mental illness find performing everyday tasks a challenge. Our Harbour helps residents achieve competence and confidence where little existed before. Marianne will soon have better tools to face the world. With a 60% increase in the number of residents, expanded coordinator time would help us do more for our residents.

Our Harbour's Christmas Campaign goal this year is to raise \$15,000.

Help us help more people with mental illness. Please give!

Ways to give:

1. Visit our website at ourharbour.org to donate online.
2. Send a cheque made out to Our Harbour to 440 Notre Dame, St. Lambert, QC J4P 2K4 attaching the enclosed card.

Media Presence Project

Canada Summer Jobs student **Geneviève** joined Our Harbour this year to coordinate a project to improve our online presence and marketing materials. Her efforts to improve our website, handouts, business cards and newsletter reflect feedback provided through a survey she distributed in July. Respondents asked for bolder colours, simple navigation and a more modern look and feel.

After considerable research, her redesigned English and French websites and other components show an internal consistency and cleaner look which extends to fonts, colours, sizes and translation.

We hope that this brings the Our Harbour message to a wider audience.

Keep an eye out for our new website, launching soon at ourharbour.org.

For ongoing updates on Our Harbour happenings, follow our Facebook page: facebook.com/ourharbour



A tale of shopping and life skills





In step with Our Harbour!

Montreal Walks for Mental Health 2018

On October 14, 2018, Our Harbour's 40+ contingent for the Montreal Walk for Mental Health assembled at Place Emile-Gamelin along with hundreds of like-minded walkers from many organizations dedicated to improving mental health. Our team included current and past residents, staff, friends, volunteers, board members, family members, three small children and two dogs. After the walk, we celebrated the beautiful day with a pizza lunch, coffee, tea and clementines back at the Our Harbour offices, giving everyone a chance to chat and catch up.

Donations in support of the walk will definitely surpass the \$2,000 goal set by the Individual Fundraising Committee. An additional \$1,500 grant from the Montreal Walks Foundation will help establish and equip an Our Harbour walking group. This is part of Our Harbour's efforts to encourage and support an active lifestyle, key to better physical and mental health for all.



Thank you to all our supporters.



Meet our stagiaires!

Since August, we have welcomed **Caitlin Marchand** (pictured in the middle) who started her one-year *stage* from Dawson College's Social Service program.

Caitlin has experience as a volunteer at the Chateauguy Food Bank and as an intern in similar fields. For example, she interned for Giant Steps as an educator and for Women AWARE, organizing support groups and court accompaniment. As such, she is a great fit for OH! She has been working alongside the Coordinator to learn about the Our Harbour mission and has the opportunity to sit in on meetings with residents and social workers. This has allowed her to learn and build relationships with residents, which is essential for her career.



In mid-October, we welcomed **Hilda Keskin** for a 6-week internship from the Special Care Counselling program at Champlain College. She has a varied and broad background in technical design, construction project management and journalism.

In 2006, her focus shifted to social and health services including her foster parenting and management of group home in Barrie, Ontario. Hilda has a passion for horses and has achieved an Equine Assisted Learning Facilitation Certification. In addition, she has Consulting Hypnotist Accreditation and Registered Meditation Coach Certification and has completed an internship at Toxic-STOP, a Montreal drug and alcohol detox centre. As well, she is working on offering yoga, meditation and horse therapy at Our Harbour. She is a great fit for our team!

Both are great additions to our team!

Memories of Michael Gilbert

October 10, 1956 - August 20, 2018

Michael came to Our Harbour in the Spring of 2017 and quickly made a place for himself as a man with a dry sense of humour and a twinkle in his eye. He was right at home in St. Lambert and had many friends in the town. He loved the music of the 70s, cars and a good cup of coffee. He is missed.

To make a donation in Michael's memory, please visit ourharbour.org.

Save the dates!

Tax Receipt Season!

Finish the year on a good note! Donations **must be dated December 31, 2018 and mailed by January 7, 2019** in order to receive a 2018 income tax receipt.

Online donations through ourharbour.org must be made before midnight on **December 31, 2018**.

OH x Bell Let's Talk Announcement

Join us for the regional announcement of the Bell Let's Talk donation supporting the **Navigator Program!**

January 16th, 2019.

Details forthcoming on **Facebook** and on ourharbour.org

Psychedelia! Fundraiser

Interested in taking time for yourself, being creative and giving back? Join Judy Csukly and Our Harbour for Psychedelia III! : having fun doing art as an antidote to Winter!

Coming February 2019.

Details forthcoming on **Facebook** and on ourharbour.org

