

Lorette communiqué

Published by volunteers on the 1st and 3rd week of each month

Please e-mail up-coming events to news1@mts.net or news2@mts.net or phone 878-1353 or 8783547

At age 20 we worry about what others think of us. At 40, we don't care what they think of us. At 60, we finally discover they haven't been thinking about us at all.

Come & Join a Drop in Playgroup!

Every Wednesday
from 9:30 - 11:00

Moms, Dads, Grandmas, Caregivers and their children get together for a morning of play, stories, and crafts. Our Playgroup is located in the basement of the New Life Church at 190 Dawson Road. There is only a nominal drop in fee of \$1.00. If you have any questions call
Suzanne at 878-3277.

You would like to learn French?

This is the perfect opportunity.

Pluri-elles, will be offering French classes for adults (beginners & intermediates) at École Lagimodière starting in October. We already have a dozen adults registered. The classes are free and are held once a week during the evening. Don't be disappointed, call M. Forget at 878-3621 to register and guarantee your spot.

Check out
www.Loretteonline.ca

Mental Illness Awareness Week October 3-10

The theme, 'FACE IT – Mental Illness Affects Us All' encourages Canadians to face the reality of mental illness.

- ✓ Nearly 6 million, or 1 in 5 Canadians are likely to experience a diagnosable mental illness; 3% of Canadians are likely to have to live with a serious mental illness.
- ✓ About 4,000 Canadians commit suicide each year and it is the most common cause of death for people aged 15-24. Mental illness is a factor in most suicides.
- ✓ The downsizing of institutional care was not matched with a complementary upsizing of community-based services, resulting in significant gaps of service for those with severe illness and for people with moderate degrees of impairment.
- ✓ A Canadian study found that two-thirds of homeless people using urban shelters suffered from some form of mental illness.
- ✓ Less than 4% of medical research funding goes to mental illness research.
- ✓ The Business and Economic Roundtable on Mental Health estimates that economic costs of mental illness are the equivalent of 14% of corporate Canada's net operating profits.
- ✓ A report published by Health Canada estimated that mental health problems cost \$14.4 billion in 1998.
- ✓ Of the 10 leading causes of disability worldwide, five are mental disorders: major depression, schizophrenia, bipolar disorder, substance abuse disorder and obsessive compulsive disorder.
- ✓ By 2020 it is estimated that depressive illnesses will become the second leading cause of disease burden worldwide and the leading cause in developed countries like Canada.

It's one thing to look after your body, just don't forget about your mind. Practicing mind + body fitness centres on a healthy mind, body and spirit. It's a positive, pro-active enjoyable way to equip ourselves for the many and varied challenges that each day can bring.

Visit the Canadian Mental Health Association website for more information www.cmha.ca

