



Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services

Recovering and Thriving

Canadian Mental Health Association
Muskoka-Parry Sound

ANNUAL REPORT
2017/2018

Canadian Mental Health Association (CMHA) Muskoka-Parry Sound

ANNUAL REPORT 2017/2018

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PRESIDENT'S REPORT FOR JUNE 2018

Change has been a constant factor this past year at Canadian Mental Health Association, Muskoka-Parry Sound (CMHA-MPS) Branch. Chief among the changes was the development of a new strategic plan to guide the organization over the next four years. The board wishes to thank the staff, program advisory committee members, external stakeholders and board members for their valuable input during the consultation process. The strategic plan is also based on last year's achievement of Accreditation with Commendation from Accreditation Canada.

As part of its usual engagement work, the board met with its two program advisory committees to discuss ways to improve service. In September, we met with B'saanibamaadsiwin's Program Advisory Committee at Wahta First Nation and enjoyed a delicious meal prepared by a community member. In October, the Board met with the Program Advisory Committee for the Council of Consumer/Survivor and Family Initiatives to discuss this important program and also break bread together.

We have two new directors on the board this year: Patricia MacPherson and Delores McKay. Patricia is a familiar face to CMHA-MPS as she had previously served two terms. We are pleased to welcome her back. Delores joined in early January and represents an important Indigenous voice on our Board. Delores comes with a wealth of knowledge and experience and we are looking forward to her involvement.

The Board recognizes the importance of professional development and has supported members as they attend educational events and conferences to help them build their skills, network and become more familiar with provincial trends in our sector. Several members attended the Addictions and Mental Health Ontario conference in May and the Canadian Mental Health Association National Conference in September.

The Board would also like to recognize the hard work of the various committees, which keep the directors very busy.

Overall, it has been a very good year and we are proud of the work we have accomplished!



Bruce Loucks
Board President

EXECUTIVE DIRECTOR'S REPORT

Canadian Mental Health Association, Muskoka-Parry Sound Branch (CMHA-MPS) can be very proud as we've achieved all our strategic objectives. We increased our services, effectively advocated for investments, and successfully provided a voice in decision-making at both North Simcoe Muskoka LHIN and the North East LHIN. We've expanded our community partnerships and increased our aboriginal mental health and addictions program. Looking forward, we're focused on a new four-year strategic plan that reflects our priorities.

We're pleased that prior to the provincial election the Ontario government increased base funding for mental health and addictions. Also encouraging was that all three main political parties prioritized mental health and addiction funding. We are thankful for the continuing leadership of our provincial partners including Addictions and Mental Health Ontario (AMHO) and CMHA Ontario Division.

CMHA-MPS has exceeded targets in counselling, treatment, and crisis services thanks to our dedicated front-line staff. Our investments in staff wellness, psychological health and safety, and the work environment has fostered excellent service outcomes.

The Resource Development Committee is one of our most successful achievements. The committee surpassed its \$50,000 fundraising goal and the proceeds have helped implement a mental health and addiction walk-in clinic in Parry Sound. CMHA-MPS has also responded to community needs and provided Mental Health Works, SafeTALK, and ASIST training across our two districts. Our Mental Health Week campaign reached large public audiences through radio spots and public events. And this year we are again planning several large events including Spin the Lakes for Mental Health, The Ridge Golf Classic, and our fall golf tournament.

We thank our generous donors and community sponsors for their support. We also thank our volunteers who participate on board and advisory committees and who devote thousands of hours to help clients with transportation and social activities. Without this small army of helpers, many clients would struggle to access services. We are also fortunate to have volunteer members on our board of directors and advisory committees. The thousands of hours of time and kilometers driven are truly remarkable and appreciated.

B'saanibamaadsiwin remains an important part of CMHA-MPS. We value the cultural richness and historical perspective our aboriginal program brings. The partnership fosters appreciation for the struggles of our First Nation's people. With this awareness, we are awakening a desire to learn more and to begin to expand this knowledge into holistic practices across our agency. More than half our staff have now completed the Indigenous Cultural Safety Training and we look forward to exploring further sharing of our health and wellness practices for all. You will also note; our new strategic plan recognizes the historical relationship between CMHA-MPS and B'saanibamaadsiwin as a partnership.

Thanks to the board and our two advisory committees for their support. I am looking forward to a very exciting, fulfilling, and successful year in 2018/19.



Diane Brown-Demarco
Executive Director

MISSION, VISION AND VALUES

Mission

Canadian Mental Health Association, Muskoka-Parry Sound Branch is committed to hope and recovery through integrated mental health and addiction services. Using effective, innovative partnerships and practices, we provide the highest quality treatment, support, education and advocacy for the people of Muskoka-Parry Sound.

Vision

Empowering individuals, families and communities to thrive through hope, recovery, wellness and healthy lifestyles.

Core Values

- Self-Determination and Empowerment
- Social Justice
- Collaboration
- Diversity and Inclusion
- Excellence, Quality and Innovation
- Accountability

Team Values

Trust
Respect
Communication
Teamwork

CMHA-MPS BOARD, ADVISORY COMMITTEES AND COUNCILS

CMHA-MPS Board of Directors

Katrina Aguiar
Larry Brassard
Julie Corkett
Joan Edwards-Karmazyn
George Eldridge
John-Paul Graham
Shaun Kruger
Bruce Loucks
Patricia MacPherson
Delores McKay
Marta Mirecki

B'saanibamaadsiwin's Program Advisory Committee

Myrna Burnside
Sherry Byrne
Dale Copegog
Gwen Dokis
Colleen Mendes
Karen Pegahmagabow
Janice Smith
Dora Tabobondung
Doris Potts-Zyganiuk

Council of Consumer/Survivor and Family Initiatives (COI) Program Advisory Committee

Ivan Kottner
Patricia MacPherson
Carol Marshall
Pauline Plested
Buddy Tindale

QUOTES FROM OUR CLIENTS

Everything is great and I'm thankful for all the help I get from CMHA.

.....

The staff is very welcoming and considerate. Thank you!

.....

I firmly believe the services I received were thorough and helped me to improve my mental state; I'm very satisfied with the results.

.....

Saved my Life!

.....

I'm very, very happy for the outcome of my visit with Adrian. She went well beyond my expectations of a counsellor. I couldn't of done it without her helpfulness, kindness and honesty. Thank you.

.....

Helpful. A better way of looking at my problems with Bipolar and dealing with it.

.....

My experience was exceptional. Extremely grateful for such a helpful service. Thank you.

PROGRAMS AND SERVICES

Intake Service

Intake services provides a single point of entry for all services of the agency. Follow-up occurs within 24 hours of receiving the referral. Screening is provided in a timely manner with a weekly review of all referrals. If our services are not appropriate to meet the needs of the referral, we will do our best to facilitate a follow-up with another agency.

Crisis Intervention Service

Crisis Intervention service provides a 24/7 telephone support service. Any person interested in receiving service may call. Consultations to hospitals, other emergency services and crisis support in the community is also available.

24/7 Crisis Number:

District of Muskoka: 1-888-893-8333

District of Parry Sound: 1-800-461-5424

Counselling services

Counselling Services provide assessment, individual counselling, treatment planning and group counselling for mental health and addictions. Services may also include psychiatric consultation.

Community consultation/liaison can be made available to other organizations on issues related to addictions and mental illness. This service also provides community education to increase awareness of addictions and mental health issues.

Concurrent Disorder Services are available for individuals experiencing a mental illness and an addiction issue. The Concurrent Disorder Service provides support for people experiencing both a mental illness with a co-occurring addiction-related issue. Counselling is primarily delivered within a group format including psycho-education, treatment and facilitated self-help groups. Individual counselling including assessment, treatment planning and case management are delivered on a case-by-case basis.

Gambling Services are available for people who are concerned about their own or someone else's gambling. An assessment will be completed to ensure appropriate treatment interventions. Individual as well as group counselling is offered.

Opioid Program counselling and support is available to anyone who is concerned about their use of opioids. This includes individuals who are prescribed Methadone or Suboxone. Individual counselling, referrals to other services and harm reduction supplies are available. Counselling is also available for women who are pregnant and using substances or parents who are using substances and have children 6 years and under. Assertive Community Treatment Team (ACTT)

Assertive Community Treatment Team (ACTT)

ACTT is a multidisciplinary team that provides client-centred, recovery-focused mental health treatment and community-based rehabilitation. This is an intensive program for clients whose mental illness has seriously interfered with their lives and requires long-term treatment to support independent living in the community. ACTT is available to individuals who are 18 years or older and experiencing complex mental illness challenges. Priority is given to people living with schizophrenia, schizoaffective disorder and other psychosis-related disorders.

Case Management Services

Case Management Services is available to people 16 years or older who are experiencing serious mental illness and/or addictions. Case management helps with:

- Daily living and meeting basic needs (housing, financial)
- Brief and longer-term support
- Life skills development
- Developing coping strategies
- Employment/vocational and social activities
- Navigating the mental health and addiction systems
- Referrals to other community resources and coordination of support
- Symptom and medication management
- Crisis prevention, intervention and management
- Health promotion and teaching with a focus on recovery and wellness
- Family counselling can be provided for those who are supporting friends or family with mental health and/or addiction issues
- Dual Diagnosis (mental illness and developmental disability) specialized services are also available

Early Intervention Psychosis Program

Early Intervention Psychosis Program provides early identification, intervention and treatment for individuals experiencing their first episode of psychosis to establish a system of support that will allow them to proceed with their life goals and maximize opportunities for personal development. It also provides service through community outreach and assertive attempts to engage individuals, and includes the provision of family support and education.

Youth Addiction Services

Youth Addiction Services provides counselling to youth who are misusing substances. Counselling is offered with a Harm Reduction approach, respecting the choices and promoting safer use and options that help minimize the risk of substance use. Support is also offered to youth who are impacted by someone else's use. Common supports offered include moderation, abstinence, alternative coping, self-exploration, advocacy and connection to community supports and resources. Service may include individual support, groups, outreach in schools and community. Case management support is also available for youth in Muskoka for anyone up to and including 25 years of age.

Supportive Housing

The Supportive Housing Programs provide units with rent supplement to people who live with an addiction and/or a serious mental illness that are homeless, at risk of becoming homeless or are marginally housed. Support by an addiction or mental health worker is provided for each person participating in the program.

Admission is for people who are 16 years of age or older, have a history of a serious mental illness or addiction issue and are either homeless or at risk of becoming homeless. The person must also be willing to receive agency support. Units are available throughout Muskoka and Parry Sound Districts.

Diversion and Court Support Services

Diversion and Court Support Services are available to adults with mental health needs and/or developmental disabilities who are in contact with the legal justice system. This program helps divert people who have a mental illness or developmental disabilities from entering the justice system, and/or provide mental health support within the legal justice system. Services may include mental health assessment, court support and diversion plans when appropriate; psychiatric consultation and diagnosis, crisis response/emergency services, facilitating access to safe beds, referrals and links to social, education and employments supports, and support for family members/support networks.

Seniors' Mental Health Program

In partnership with North Bay Regional Health Centre, this program provides community-based mental health assessment, diagnosis and treatment recommendations for people with age-related mental health issues in the District of Parry Sound. This program works in collaboration with clients, families/care givers, family doctors and community partners. It also provides education and consultation to community partners and other professionals. This program is supported by an interdisciplinary team that includes members from psychiatry, nursing and social work based at the North Bay Regional Health Centre. For more information or to make a referral call (705) 789-8891.

Walk-In Counselling Clinics

North Simcoe Muskoka Walk-In Counselling Clinics

Walk-in Counselling Clinics provide free single session counselling on a drop-in basis and offers quick access to support for individuals, couples and families. No pre-registration is required!

At a walk-in counselling clinic session, our counsellors can discuss your concerns and help you develop a clear plan of action to find ways to change your situation. Clinics are offered daily at various locations throughout the North Simcoe Muskoka Local Health Integration Network (NSM LHIN) and are provided in collaboration with Catholic Family Services of Simcoe County.

Walk-In Counselling Clinic for Muskoka is held at the Bracebridge office of CMHA-MPS on Wednesdays starting at 12 noon and accepting the last appointment at 6:30 pm. For more details, please visit www.nsmwalkincounselling.ca/ or call 1-888-726-2503.

Parry Sound Walk-In Clinic is located at our Parry Sound office at 26 James Street, Parry Sound. The walk-in clinic provides free single session counselling on a drop-in basis for individuals, couples and families. The clinic is offered every Wednesday from 4 - 8pm. This new service was made possible through the efforts of the funds raised at The Ridge Classic Golf Tournament.

Huntsville Walk-In Clinic is located at the Huntsville IDA on 10 Main Street East. The clinic is open Thursdays from 10am - 6pm.



B'saanibamaadsiwin

Serene and Peaceful Life



Providing Free and Confidential
Aboriginal Mental Health Services
to the people of
Parry Sound-Muskoka

- Dokis First Nation
- Henvey Inlet First Nation
- Magnetawan First Nation
- Moose Deer Point First Nation
- Parry Sound Friendship Centre
- Shawanaga First Nation
- Wahta Territory
- Wasauksing First Nation
- West Parry Sound, East Parry Sound and Muskoka Area



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Specialized Services and Programs

B'saanibamaadsiwin (Aboriginal Mental Health Program)

B'saanibamaadsiwin translated means “living a good life “. The Aboriginal Program is committed to practicing First Nation, Inuit, and Metis mental wellness care that is culturally safe. We acknowledge that there is a difference in how you see creation and how the greater society sees the world. Our staff is committed to building skills, knowledge, and respectful attitudes that lead toward empathy and advocacy for you, your family, and your community. There will be no assault, challenge, or denial of your identity. Our services will work together with you in understanding your individual values, customs, and beliefs. We will be helpers on your healing path and will meet you where you are at in your healing without judgment. We will work with you in care planning to reach your goals towards mental wellness. Our program provides assessment, referral, crisis, and counselling services. Direction for the design, development, and delivery of services is provided by the Aboriginal Program Advisory Committee which represents the First Nation and Aboriginal communities. For more information call (705) 746-2512 or fax (705) 746-9590.

Adult Protective Services

Provides:

- Services to individuals who live with a developmental disability, reside within the Muskoka-Parry Sound area and are 18 years of age or older
- Referrals to the service can be made by the individual or someone acting on their behalf by contacting Developmental Services Ontario at 1-855-376-6376
- Urgent referrals can be made in person, by service providers and/or community members by calling 1-800-563-1990
- Assistance to ensure clients receive the support services necessary to live as independently as possible in the community with all the rights and responsibilities as anyone else, to participate in community activities and community life; to have individual choices and to know their rights. This may include:
 - Assisting clients in locating and retaining accommodation
 - Providing support in regards to life skills, financial management and emotional issues
 - Assisting clients in coordinating medical, dental appointments, etc.
 - Advocating to ensure rights of clients are not compromised
 - Assisting clients with the judicial system

For more information, please call:

Muskoka - Tel: 705-645-6771 | 1-800-245-5036 | Fax: 705-645-7473

Parry Sound - Tel: 705-774-9809 | 1-866-829-7049 | Fax: 705-746-1537

Sundridge - Tel: 705-384-1424 | 1-866-829-7050 | Fax: 705-384-5514

Partner Assault Response (PAR) Program

The PAR program is a specialized community-based group education/ counselling program for offenders who have been mandated by the court to attend the PAR program in response to a criminal charge involving domestic violence. The 12-session program is funded by the Ministry of the Attorney General's Ontario Victim Services. The program provides offenders with an opportunity to examine their beliefs and attitudes towards domestic abuse, and to learn non-abusive ways of resolving conflict. PAR programs aim to enhance victim safety and hold offenders accountable for their behaviour.

The program also provides victims/partners safety planning, support and referrals to community resources, and information about the offender's progress throughout the duration of the program.

For more information, please call:

Muskoka – Tel: 705-645-2262 ext. 291 | 1-800-245-5036

Parry Sound – Tel: 705-746-9114 | 1-866-829-7049

Male Survivors of Childhood Sexual Abuse Program

Male Survivors of Childhood Sexual Abuse Program provides counselling and support for men with a history of sexual abuse. An assessment is completed to review treatment options. Eight individuals and/or eight group sessions of counselling are offered. Services are available in Bracebridge.

Back on Track (Ontario's Remedial Measures Program)

Back on Track provides individuals convicted of an impaired driving offence or people who have received administrative driver's license suspensions access to individual Assessment and Follow Up and group Education/Treatment services.



Council of Consumer/Survivor and Family Initiatives (COI)

Provides:

- Peer knowledge and support to individuals living with mental health issues as clients/survivors and/or as family members
- Peer-driven and peer-guided consumer/survivor initiatives and family initiatives in Muskoka-Parry Sound area
- Community education and awareness on mental health issues Initiative activities may include:
 - Peer support groups
 - Recovery and wellness education (i.e. Wellness Recovery Action Plan)
 - Skill development (i.e. social skills, communication skills)
 - Resources and advocacy (i.e. information and support on navigating the mental health system)
 - Social Recreation (i.e. bowling)

Peer and Family Initiatives are available in different locations across the Parry Sound and Muskoka Districts. For more information call: 1-866-829-7050 ext. 228 or (705) 384-5392 ext. 228.

Become a Volunteer

Volunteers give generously of their time, talents and energy to support the work of CMHA-MPS, during the day, evenings and occasionally on weekends throughout the year. Volunteers' interests, availability and preferences are accommodated through a variety of opportunities with the agency.

The volunteer program provides opportunities to assist in the delivery of service and enhance the quality of life for people who live with an addiction, serious mental illness, or developmental disability. There are community or site-based volunteer assignments within Muskoka and Parry Sound Districts. A wide range of volunteer assignments include transportation, research, special events planning, reception, administrative support and direct client support. The agency provides reimbursement for mileage, and there are ongoing volunteer training opportunities. This program provides support to both the volunteer and the staff for the duration of the volunteer assignment.

To learn more about the Volunteer Program call 705-746-4264 or 1-866-829-7049, and ask for the volunteer coordinator. An application form can also be found on our website: www.cmhamps.ca.

SUPPORTING OUR COMMUNITY



2.2 days

Average Wait Time
for first assessment



839 video conferences

Appointments with specialists
(Ontario Telemedicine Network)



1,270 group sessions



1,084

People received same-day
crisis intervention



38,355

Individual appointments

SERVICE	INDIVIDUAL APPOINTMENTS
Case Management	4,363
Addictions Supportive Housing	1,088
Counselling and Treatment	5,795
Assertive Community Treatment	5,260
Early Intervention	1,681
Diversion and Court Support	929
Seniors	276
Addictions/Problem Gambling	6,717
Crisis Intervention	9,660
Youth Addictions	39
Telemedicine	1,270
Opioid Treatment	1,277
TOTAL	38,355

2017-2018 STRATEGIC PLAN **IMPLEMENTATION REPORT**

INCREASE INTEGRATION	
OBJECTIVE	OUTCOME
Achieve complete integration of AOMPS and MPSCMHS.	Achieved
Continued participation in the North Simcoe Muskoka LHIN Care Connections process.	Achieved
Maximize opportunity to participate in the North East LHIN planning process.	Achieved – the agency now has voting membership on several North East LHIN planning committees.
TAKE CARE OF STAFF	
OBJECTIVE	OUTCOME
Continue with the goal of achieving competitive compensation and benefit equity with the hospital sector.	Not achieved. Lack of base funding increases has not allowed us to achieve this objective.
Implement the Mental Health Commission of Canada’s Psychological Health and Safety in the Workplace Standards.	Achieved and ongoing. Established Culture Committee which is in the process of implementation of these standards.
Improve the environmental work life of staff, including health and safety issues related to the office environments.	Achieved and ongoing. New and improved space for Parry Sound office is underway, additional space for Bracebridge office has been obtained; additional space for Sundridge office has been obtained.

INCREASE RESOURCE

OBJECTIVE	OUTCOME
Become a branch of the Canadian Mental Health Association.	Achieved
Be nimble and flexible to maximize opportunities that arise out of provincial government and LHIN processes.	Achieved. Received funding for new programs this year.
Lobby the North Simcoe Muskoka LHIN to address existing inequitable distribution of mental health and addiction resources within the LHIN.	Partially achieved and will be ongoing.
Continue to lobby the North East LHIN to recognize CMHAMPS as the primary providers of addictions and mental health services in the District of Parry Sound.	Achieved. We have received funding for new programs this year.
Continue to build the Resource Development Committee of the Board of Directors in order to be able to provide a Public Education Program.	<p>Achieved. Successful year for the Resource Development Committee. Participated in the following fundraising and public awareness activities:</p> <ul style="list-style-type: none"> - Mental Health Works - ASIST training - Mental Health Week activities - Mental Illness Week activities - Addiction Awareness activities - Problem Gambling activities - Spin the Lakes for Mental Health - The Family Hoot - Slo Pitch Baseball Tournament - The Ridge Golf Classic - The Fall Classic Golf Tournament

ENSURE CONTINUOUS QUALITY IMPROVEMENT AND CLIENT SAFETY

OBJECTIVE	OUTCOME
Accreditation via Accreditation Canada.	Achieved – received Accreditation with Commendation January 2017.
Maintain and refine our quality focused common annual work cycle.	Achieved
Become a trauma informed agenda.	Ongoing – CMHA-MPS are continuing to be trained in Trauma Informed Care content of CPI’s NVCI course curriculum as they are due for recertification.
Prepare for Stage Screener Assessments Implementation.	Achieved. All relevant current staff are trained on Staged Screening and Assessment and it is part of onboarding process for new staff who require it.
Ontario Perception of Care (OPOC) Tool.	This objective will be implemented by April 1, 2019.
Further develop capacity to use social media and renew our website.	Achieved. Agency has Facebook and Twitter accounts and has renewed its website.
Collect accurate and complete information about client medications and utilize this information during transitions of care.	Achieved

VOLUNTEER STATS



5,300 volunteer hours



1,100 requests



192,000 km travelled

FINANCIALS

TOTAL FUNDING	
Algonquin Family Health Team Contract	196,500
Back on Track	27,000
Burk's Falls Family Health Team	60,980
Cottage Country Family Health Team	90,500
DeNovo Treatment Centre	20,000
District of Parry Sound Social Services and Administration Board	79,500
Family Services of Peel	5,400
Fundraising	71,032
Ministry of Health and Long-Term Care	614,816
Ministry of Community and Social Services:	
• Adult Protective Services	354,110
• Dual Diagnosis Case Management	47,021
• MCYC Youth	49,627
Ministry of the Attorney General	95,164
North East Local Health Integration Network	250,960
North Simcoe Muskoka Local Health Integration Network	9,123,265
Northern Psychiatric Outreach Program	20,000
Simcoe Catholic Family Services – Walk-In Clinic	41,850
TOTAL	\$11,147,725

HUMAN RESOURCES REPORT

Current Staffing at March 31, 2018

113	Staff (part-time, full-time and contractors)
100	Full time equivalent positions
14	Hires
20	Departures

CMHA Muskoka - Parry Sound 2018-2022 Strategic Plan

The agency and our Indigenous mental health program, B'saanibamaadsiwin, along with consumer/survivor and family initiatives, present our strategic directions.

The agency also recognizes the Core Directions established by Canadian Mental Health Association, Ontario and they provided our agency with guidance for our Strategic Plan.

Strategic Priorities

- Promote good mental health for our clients, families and distinct populations across the lifespan
- Committed to Indigenous holistic practice including bridging western science in the provision of mental wellness
- Continuous quality improvement and client safety
- Increase resources to meet the needs of our clients, families and communities
- Strengthen our capacity to enhance the system through collaboration and partnerships



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THANKS TO OUR FUNDERS

Algonquin Family Health Team
Back On Track
Burk's Falls Family Health Team
District Municipality of Muskoka
District of Parry Sound Social Services Administration Board
Family Services of Peel
Ministry of Health and Long-Term Care
Ministry of the Attorney General
Ministry of Community and Social Services
Ministry of Community and Youth and Children Services
North East Local Health Integration Network
North Simcoe Muskoka Local Health Integration Network
Northern Psychiatric Outreach Program
Simcoe Catholic Family Services

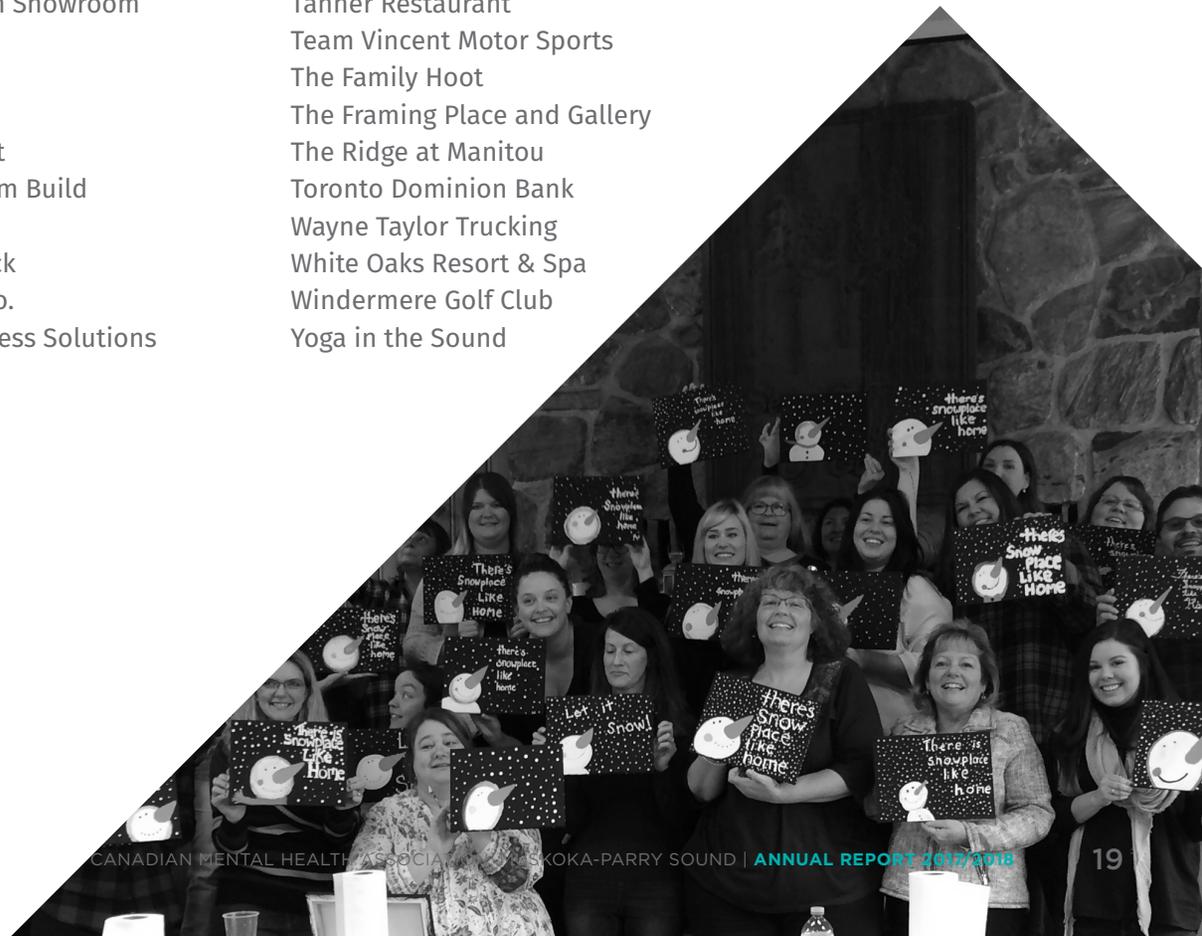


THANKS TO OUR SUPPORTERS!

4 Sports
A&J Painting Co.
Antyony Pietramala
Beverly's Gift Shop
BDO Canada
Bike Muskoka
Bracebridge Timber Mart
Bracebridge Your Independent Grocer
Casey Contracting
Cedar Croft Landscaping
Cottage Country Dental
Cottage Country Steel Dock Donation
Currie Truck Centre
Cycle Component Network Inc.
Dantec Safety Specialist
Don Cherry's Restaurant
Dunchurch Marina
Darryl Big George
Ford Motors
Fowlers
Fraktals
Glendon and Danotti
Greg Christianson

Grit & Strength
Ian Crebbin
IDA Pharmacy
Jeff Hutcheson
Kevin Lynch
Kubota North
Little Island Works
Larry Killan Photography
Little Island Works
LP Kitchen & Bath Showroom
Lisa Jennings
Lynn Otterman
Marcia Len
Margaret Kenright
McDonalds Custom Build
Mike Lynch
Muskoka Crib Dock
Muskoka Stone Co.
Near North Business Solutions
Nicole Peterson
Nutty Chocolatier
Office Central
Park Lane

Peerless
Phil Anderson
Planscape Inc.
RBC Foundation
Robinson's Your Independent Grocer
Ron Toma
Simcoe Catholic Family Services Walk-In Clinic
Smellies Copy and Print Shop
Tanner Restaurant
Team Vincent Motor Sports
The Family Hoot
The Framing Place and Gallery
The Ridge at Manitou
Toronto Dominion Bank
Wayne Taylor Trucking
White Oaks Resort & Spa
Windermere Golf Club
Yoga in the Sound





**Canadian Mental
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Addictions and
Mental Health Services



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Supported by:



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North Simcoe Muskoka Local Health
Integration Network

