



**Community**



**Inclusivity**



**Recovery**



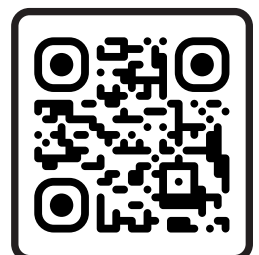
**Wellness**



**Canadian Mental Health Association**  
Muskoka - Parry Sound

**Canadian Mental Health Association**

Muskoka - Parry Sound



# Are you in crisis?

**Call: 1-800-461-5424**

## CMHA Muskoka-Parry Sound Locations:

### **B'SAANIBAMAADSIWIN**

60 James Street, Suite 201  
Parry Sound, P2A 1T5  
(705) 746-2512

### **BRACEBRIDGE OFFICE**

173 Manitoba Street, Suite 202  
Bracebridge, ON P1L 1S3  
(705) 645-2262 or 1-800-245-5036

### **GRAVENHURST OFFICE**

1100A Muskoka Road South, Unit 1  
Gravenhurst, ON P1P 1K9  
(705) 687-1435 or 1-844-771-2474

### **HUNTSVILLE OFFICE**

8 Crescent Road, Unit B3  
Huntsville, ON P1H 0B3  
(705) 789-8891

### **PARRY SOUND OFFICE**

60 James Street, Suite 201  
Parry Sound, ON P2A 1T5  
(705) 746-4264 or 1-866-829-7049

### **SUNDRIDGE OFFICE**

87 Main Street, Box 40  
Sundridge, ON P0A 1Z0  
(705) 384-5392 or 1-866-829-7050

## Accessibility of Ontarians with Disability Act

### **Statement of Commitment**

At Canadian Mental Health Association, Muskoka-Parry Sound (CMHAMPS) provides accessible programs and services for all persons with disabilities. We uphold the principles of the Accessibility for Ontarians with Disabilities Act, 2005 (AODA) – independence, dignity, integration and equality of opportunity.

CMHAMPS supports AODA's goals by establishing policies, practices and procedures aligned with accessibility standards. This includes customer service, information and communication, employment built environment and transportation. We are committed to identifying, removing and preventing barriers to persons with disabilities.

## Safe Space

At CMHAMPS, we are committed to fostering an inclusive and supportive environment for everyone. Our goal is to ensure that all individuals feel welcomed, respected, and valued, regardless of their background, identity, or circumstances.

Our commitment to safety and Inclusivity:

- Non-judgmental support
- Confidentiality
- Diverse and inclusive services
- Anti-discrimination policy
- Trauma-informed care
- A safe physical environment
- Community engagement

At CMHAMPS, we believe that everyone deserves a safe space to seek help and support. Together, we can create a community where all individuals feel valued, respected, and empowered.





**B'SAANIBAMAADSIWIN**  
INDIGENOUS MENTAL HEALTH

# B'Saanibamaadsiwin

**Show strength, seek support**

"B'saanibamaadsiwin," a name given to us in 1992 by our Founding Committee translates to "serene and peaceful life." The name reflects our ongoing commitment to supporting the wellness of First Nations, Inuit, and Métis peoples through culturally safe and respectful care.

We embrace the concept of Two-Eyed Seeing, a term introduced by Elder Albert Marshall, which emphasizes the value of learning to see the world through both Indigenous and Western perspectives, drawing on the strengths of both knowledge systems. This approach helps us create spaces for healing that honours diverse ways of knowing, understanding, and being.

The design, development, and delivery of our services are guided by the Indigenous Partners Advisory Circle, which is composed of representatives from local First Nations and Indigenous communities, ensuring that our services are reflective of community needs and perspectives.

On your healing journey, we walk alongside you, offering support that is free of judgment and recognize that wellness is a community-centered path.

For more information, please call (705) 746-2512.

## **Working Together With:**

- Dokis First Nation • Henvey Inlet First Nation • Magnetawan First Nation
- Shawanaga First Nation • Wasauksing First Nation • Moose Deer Point First Nation
  - Wahta Territory • Parry Sound Friendship Centre
- Partial coverage of Robinson-Huron and Williams Treaty Lands

# We can help

## Current Programs and Services



## Why mental health is important

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle our stress, relate to others, and make healthy choices. Our mental health is just as important as our physical health and is important in every stage of life, from childhood and adolescence through adulthood. Mental health influences the fulfillment we have in our daily lives and the goals we set out to achieve.

## Helpful Self-care tips

- Journal
- Drink lots of water
- Listen to your favourite song
- Walk in nature
- Take a bath
- Listen to a podcast
- Meditate
- Plan a healthy meal

## Breaking the stigma

Every family in Muskoka and Parry Sound will in some way be affected by mental health and/or addiction. Together, we can break the stigma. If you, or someone you know, is struggling, please reach out to your local office or call the crisis line to be connected to service.





“  
In times of struggle,  
remember that  
**it's okay to not be  
okay.** Know that  
you are never alone,  
**we are here to help**  
”

## Are you experiencing:

- Anger and hostility
- Life's stressors
- Episodes of psychosis
- Excessive worrying
- Extreme mood changes
- Feelings of depression
- Low energy
- Problems with gambling
- Social isolation
- Substance use
- Thoughts of suicide
- Addictions

## We can help

- > **Mental Health Services**  
CMHAMPS works collaboratively with clients, families, caregivers and community partners to create care plans that address barriers and create skills to achieve life goals. Our services are client-centred and recovery-focused, offering community-based mental health rehabilitation.
- > **Addiction Support**  
We offer programs for adults and youth facing challenges with substance use and/or gambling. Services include assessments, counselling, treatment planning, and harm reduction services, provided in both individual or group settings. Support is also available for clients and family.
- > **Adult Protective Services**  
We assist individuals 18 and older living with developmental disabilities by helping them develop life skills, coordinating services, and advocating for their human rights. Referrals are made by directly contacting Developmental Services Ontario at 1-855-376-6376 or [www.dsontario.ca](http://www.dsontario.ca).



## Community and fundraising

At CMHAMPS, we believe in the strength of community and the power of coming together to support mental health. Throughout the year, we host a range of events that raise awareness, build connections, and generate crucial funds for our programs and services.

Visit our website at [www.cmhamps.ca/events](http://www.cmhamps.ca/events) for more details on upcoming events and how you can get involved.

Stay updated on current events by scanning the QR code below.



## Why volunteer with us?

- **Support mental health:** Play a vital role in improving the mental health and well-being of your community.
- **Gain valuable experience:** Develop new skills and gain experience in the mental health field.
- **Build connections:** Meet like-minded individuals and form meaningful relationships.
- **Make an impact:** Be part of a positive change and make a real difference in people's lives.

“

“Being part of CMHA has allowed me to give back and support others in a meaningful way. It's been an amazing experience!”

– John, Volunteer

“Volunteering at CMHA Muskoka-Parry Sound has been incredibly rewarding. I've gained new skills, made wonderful connections, and most importantly, I've seen the positive impact of my efforts on the community.” – Linda, Volunteer

”

# I NEED HELP..

## > I NEED TO TALK

Warm Line **1-866-856-9276**

---

## > I NEED HELP WITH WITHDRAWAL MANAGEMENT (DETOX)

BARRIE Withdrawal Management  
**705-728-4226**

NORTH BAY Withdrawal Management  
**1-833-434-7800**

---

## > I NEED FOOD

### BRACEBRIDGE

Manna Food Bank **705-646-0114**  
Salvation Army **705-645-2602**

### HUNTSVILLE

The Table **705-783-5827**  
Salvation Army **705-789-3398**

### GRAVENHURST

Salvation Army **705-687-2131**

### PARRY SOUND

Harvest Share **705-774-9111**  
Salvation Army **705-746-5391**

### SUNDRIDGE

Sundridge Food Bank **705-978-0723**

## > I NEED SHELTER

MUSKOKA **705-645-2412**  
PARRY SOUND **705-774-9600 / 1-877-767-6060**  
SOUTH RIVER **705-386-2358 / 1-800-661-3230**

---

## > I NEED MONEY

### ONTARIO WORKS

Muskoka **705-645-2412 / 1-888-999-1142**  
Parry Sound **705 746-8886 / 1-800-461-4464**  
South River **705 386-2358 / 1-800-661-3230**

---

## > I NEED PROTECTION (FOR WOMEN)

### MUSKOKA

Interval House **705-645-4461**  
Chrysalis **705-789-8488**

### PARRY SOUND & AREA

Esprit Place **705-746-4800**

---

## > I NEED PROTECTION (FOR MEN)

Huntsville Shelter **705-783-5827**  
Orillia Shelter **705-329-2265**

---

## > I HAVE BEEN ASSAULTED

Ontario Provincial Police **911** or **1-888-310-1122**  
Muskoka Victim Services **1-844-762-9945**  
East & West Parry Sound Victim Services  
**705-746-0508**

# Who we are

The Canadian Mental Health Association (CMHA), Muskoka-Parry Sound Branch is a non-profit charitable organization governed by a volunteer board of directors. Originally founded in 1972 by the South Muskoka Memorial Hospital as Muskoka's first mental health agency, it grew over time and became an independent charitable corporation known as Community Mental Health Services, in 1994.

A merger with the Addiction Outreach Program, in 2015, formed the current CMHA branch. Today, the agency offers a wide range of programs across Muskoka-Parry Sound and takes pride in being a key employer and community supporter.



## MISSION

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
- Teamwork

## For more information:



[cmhamps.ca](http://cmhamps.ca)



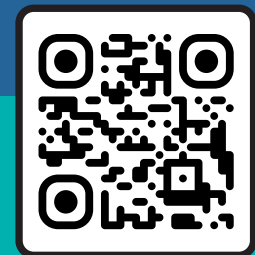
CMHA Muskoka-Parry Sound



CMHA\_MPS



cmhamuskokaparrysound



Charitable Status Number: **1408188899RR001**