

Membership Form

Annual Membership Fees:

- \$20 Individual
- \$5 Subsidized Individual
- \$50 Organization

- New membership
- Renewal

* Memberships expire March 31st of each year. New, non-subsidized memberships that begin between September 1st and March 31st need only pay half of the regular membership fee.

- Mr.
- Ms.
- Mrs.
- Dr.

Name _____

Address _____

City _____

Prov. _____ Postal Code _____

Phone (_____) _____

Email _____

In addition to my membership,

I would like to donate \$ _____

Payment can be made by:

- Cash
- Cheque payable to CMHA Kootenays
- E-transfer to events@cmhakootenays.org
(include name, address, phone and email in comment section or complete this form and scan or take a photo and send to events@cmhakootenays.org)

Your membership with CMHA Kootenays includes:

- A membership to CMHA BC Division and CMHA National
- A voice in the future direction of CMHA through the opportunity to run for and elect the governing board and attend the Annual General Meeting
- A subscription to CMHA BC's free monthly email newsletter, Mind Matters
- A free subscription to the award-winning quarterly Visions Journal within BC (a \$25 value)

Do not email me CMHA BC's Mind Matters monthly newsletter

Do not send the Visions magazine,

Do not send e-mails or mail unless required by our bylaws

I am under the age of 19 and am a non-voting member

I am an employee of the CMHA Kootenays and a non-voting member

I would like information on volunteering

I would like information on recognizing CMHA Kootenays in my will

Thank you for your membership as it will assist in obtaining grants and additional funding to support our local programming.

Programs at CMHA Kootenays

- Women's Services
 - ✓ Kootenay Haven Transition House
 - ✓ Haven Gardens 2nd Stage Housing
 - ✓ Community Outreach Services
- Youth Services
 - ✓ PEACE
 - ✓ Youth Outreach & Family Support
 - ✓ Life Skills - Kimberley
 - ✓ Y-Mind
- Mental Health Services
 - ✓ BounceBack: Reclaim your Health
 - ✓ Interior Crisis Line Network
 - ✓ Mental Health in the Workplace
 - ✓ ASIST
 - ✓ safeTalk
 - ✓ Mental Health First Aid – Basic
- Housing Services
 - ✓ Cranbrook – Abbott Gardens, Sonja's Gardens, Baker Gardens, Peter Johnson Complex
 - ✓ Creston – Crestbook Gardens
 - ✓ Golden – Molnar Gardens
 - ✓ Kimberley – Gatehouse Gardens
 - ✓ Castlegar – Rosewood Court, Maranatha Court, Pineridge Court, Riverview Court
 - ✓ Nelson – Anderson Gardens
 - ✓ Trail – Silver City Gardens
- Volunteer Services
 - ✓ Senior Telephone Check-in Service
 - ✓ Senior Friendly Visitor Program
 - ✓ Volunteer Assisted Shopping Program
 - ✓ Snow Angels
 - ✓ Volunteer Income Tax Preparation



Canadian Mental Health Association
Kootenays
Mental health for all

100-1000 21st Ave N
Cranbrook, BC, V1C 5L9
phone: 250.426.5222 fax: 250.426.2134
email: reception@cmhakootenays.org
www.kootenays.cmha.bc.ca

Charitable registration 13766 1328 RR0001

Reviewed/Updated: May 28, 2021



Canadian Mental Health Association
Kootenays
Mental health for all

HELP US MAKE A DIFFERENCE....
BECOME A MEMBER



Mentally healthy people
in a healthy society

www.kootenays.cmha.bc.ca

The benefits of membership

Provide hope and help to people affected by mental illness

Mental illness can cost a person their family, friends, job, education, physical health, and in some cases, their life.

CMHA's 14 branches throughout BC are here to help support people with mental illness and their families on their journey to recovery. We believe everyone deserves a home, a job and a friend.

Across BC, CMHA provides help and hope through direct services such as:

- Supported housing and shelters
- Support groups and crisis lines
- Social and recreational opportunities
- Volunteer opportunities, skills training and employment services
- Educational supports and bursaries
- Clubhouses, which provide a stable, respectful and supportive gathering place for recovery
- Social enterprise programs, which assist people with mental illness to gain skills, productivity and income by running their own businesses

➤ **Mental illness will affect 1 in 5 Canadians directly—that's almost 900,000 in BC**

Promote mental health for all—and prevent mental illness

Many people with mental illness never receive the treatment and support they need because they are unaware of the signs of mental illness and treatments available, or are ashamed to seek help.

CMHA helps battle misconceptions, empower people to seek help, and raise broad awareness around maintaining good mental health through:

- Public education events, displays, publications, and resource libraries
- Province-wide events such as Mental Health Week in May, Ride Don't Hide events in June and Beyond the Blues events in October
- Community education and training such as Living Life to the Full, Bounce Back™, Confident Parents: Thriving Kids, Mental Health Works and Mental Health First Aid

Have a voice in the direction of CMHA

With your annual membership to your local CMHA branch, you also become a member of CMHA BC Division.

As a member you have a voice in how CMHA is run through your vote and/or nomination in the election of our governing board, and your attendance at our Annual General Meeting.

➤ **Each year, CMHA serves more than 120,000 people across 100 communities in BC**

Add strength to our voice

Your membership strengthens our voice when it comes to improving the way we view and treat mental illness in BC through:

- Advocacy in the media and in public policy
- Community-based policy and research in areas including mental illness and:
 - » People who are homeless or at risk
 - » Interactions with the police and justice system
 - » Children and youth
 - » Addictions

Stay up to date on mental health in BC

Your membership helps us keep in touch with people who care about mental health in BC.

- Visions Journal—with your membership you will receive a free subscription to this award-winning quarterly journal on mental health and addictions as explored through personal stories, innovative programs and the most up-to-date research
- Mind Matters—an email newsletter on mental health news, resources and events. Sign up at www.cmha.bc.ca—it's free!

➤ **Our vision: mentally healthy people in a healthy society**

Yes, I'd like to become a member!

I would like to...

- Provide hope to the millions of people in BC whose lives have been directly or indirectly affected by mental illness
- Help CMHA provide services across BC and in my community
- Join a community of people who recognize the importance of helping people affected by mental illness and promoting mental health of all British Columbians
- Learn more about mental health and mental illness



"CMHA provides a wide variety of benefits to me, including structure to my day, a place to meet and talk with fellow clients and with friendly, helpful and supportive staff as well."

—Don



"CMHA is very, very helpful by just being here. A place to come to, feel welcome and be respected for who I am."

—Wilf