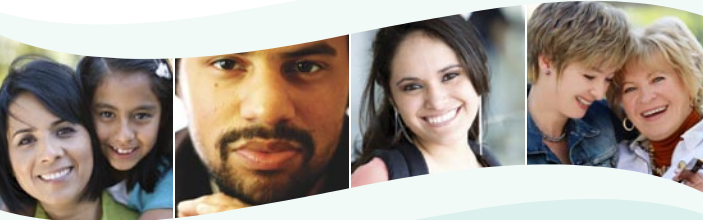


Our staff and more than 500 volunteers provide services to over 40,000 children, youth and adults in our community.



Did you know that someone you really care about may need mental health care? Like the...

- 1 in 8 who has a serious anxiety disorder
- 1 in 22 who has depression or manic depression
- 1 in 5 children with a mental health problem
- 1 in 5 who will have a mental health problem this year
- 1 in 100 people who will develop schizophrenia in their lifetime
- 1 in 17 who will think about suicide sometime in their lives



Grand River Branch

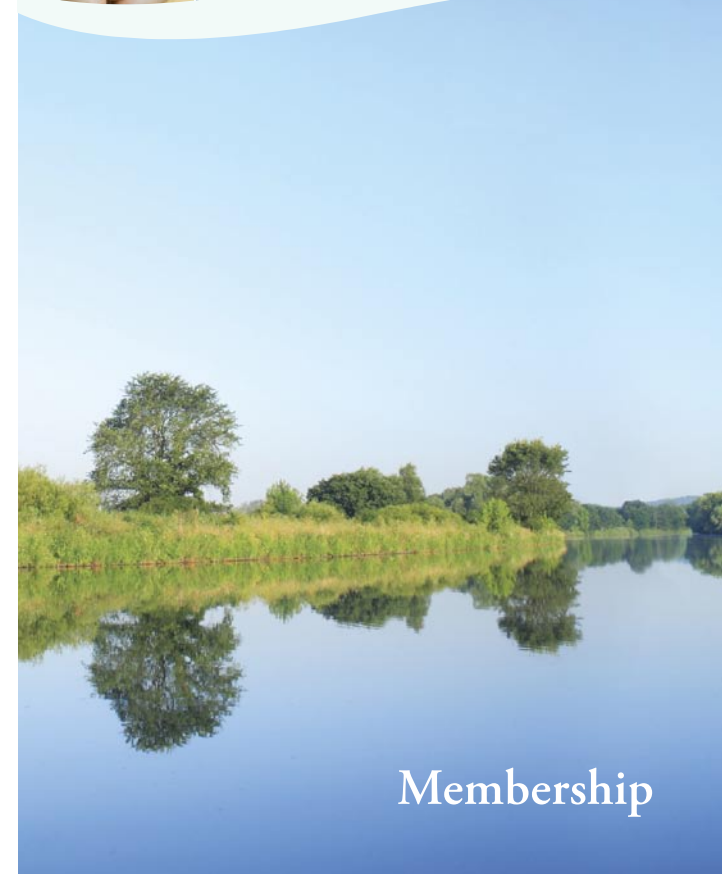


CMHA Grand River Branch

Orchard Park
5420 Highway 6 North, Suite J100
RR #5 Guelph, Ontario N1H 6J2
Tel: 519-766-4450 Fax: 519-766-9211
Toll Free: 1-866-448-1603

www.cmhagrb.on.ca

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Membership



Community is the answer

CMHA Grand River Branch is dedicated to the promotion of the mental health of all people and ensuring the provision of the best possible services for individuals with mental health concerns. Services provided through the Association offer people the support they need to connect them with their community as a means to enhance quality of life. The purpose of our work is to facilitate recovery in the lives of the people we support based on our philosophy of empowerment and community inclusion.

Together, with your assistance provided through donations, volunteer participation and membership fees we are able to ensure successful delivery of services because of this vital support.

What Does Membership Cost?

So that membership is attainable for everyone, various annual membership options are available. Please choose the option that works best for you.

Individual	\$ 5.00
Student/Senior/Limited Income	\$ 2.00

Count me in! Member Benefits

- **Introduction Package**
Includes information on CMHA programs and services.
- **Subscription to Mental Health Matters Newsletter**
- **Receive Special Materials**
Including CMHA's Annual Report and notification of special events and fundraising initiatives.
- **Invitation to Annual General Meeting**
and Voting Privileges
- You are part of an established and respected organization. You carry a membership card for an organization that has been promoting mental health in Canada since 1918. Membership at the Branch level automatically makes you a member of CMHA Ontario Division and CMHA National.
- You become our voice in the community and can encourage others who care about mental health to become part of CMHA Grand River Branch's ongoing success.
- Receive information about CMHA sponsored training courses, conferences and special events.



 **Yes! I want to be a member.**

Name _____ Organization _____
 Address _____ City _____ Postal Code _____
 Email _____ Phone _____ or _____
(email is needed to receive the Mental Health Matters e-newsletter)

Annual Membership Options

Individual \$ 5.00

Student/Senior/Limited Income \$ 2.00

Additional Donation Amount* \$ _____

Total Amount \$ _____

Payment Options

Cheque payable to CMHA Grand River Branch

VISA # _____ Exp. _____

Mastercard # _____ Exp. _____

Signature _____

*Donations of \$10.00 or greater will receive a tax receipt.

Please mail to: CMHA Grand River Branch, 5420 Hwy 6 North, Suite J100, RR# 5 Guelph, Ontario N1H 6J2