



Your Support Matters

Thanks to the generous financial support of the people of Algoma, Peggy received a psychological assessment much sooner than would otherwise have been possible. The assessment helped to understand what was most problematic for her and helped to focus services and treatment. While Peggy still experiences some symptoms of depression and anxiety, she is feeling better about herself and her family. She has not made any threats to harm herself in months. She has made some friends and her grades, while not great, have improved a little. Peggy is still in counseling, but now only needs to see her counselor twice a month. She has reached almost all her treatment goals and will likely no longer need to see her counselor by the end of summer.

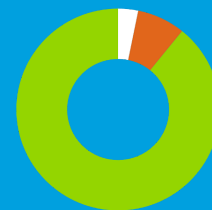
FACTS ABOUT CHILDREN'S MENTAL HEALTH



Only 1 in 5 kids in Canada who need mental health services receives them



Mental health disorders in youth are ranked as the second highest hospital care expenditure in Canada



Approximately 5% of male youth and 12% of female youth, age 12 to 19, have experienced a major depressive episode

Foundation Events and Updates

GREAT ESCAPE DREAM DRAW

- ▶ The 20th Anniversary of the Great Escape Dream Draw was a great success! Neil Cameron of Barrie took home the \$85,000 cash prize. Congratulations to Neil and all of our other winners!
- ▶ Over \$80,000 was raised for child and youth mental health programs and services throughout Sault Ste. Marie and the Algoma District.
- ▶ A sincere thank you to all of our dedicated volunteers, retailers and community partners for your support! We could not have done it without you.



GOLF FORE KIDS



- ▶ Our 10th Annual Golf Fore Kids Charity Golf Tournament took place on Thursday, June 16th at Crimson Ridge Golf Course.
- ▶ This year's tournament was extremely successful at raising awareness regarding the programs and services available to children and youth experiencing mental health challenges. Thank you for your participation!
- ▶ If you would like to sponsor or get involved in next year's tournament please contact the Foundation at (705) 945.5050.



AFS FOUNDATION CHARITY BBQ

- ▶ Save the Date! Our Charity BBQ is happening on Saturday, August 20th, 2016 from 11 am to 2 pm at Soo Mill Buildall located at 539 Great Northern Road.
- ▶ All proceeds raised from this event will support the programs and services of Algoma Family Services.

NEW WEBSITE COMING SOON

Our website is getting a makeover! In the near future, www.afsfoundation.ca will offer up-to-date information regarding all of our fundraising campaigns, events and ways to get involved. Click [here](#) for a preview of what we have been working on.

Adventure Based Learning Summer Camp



FUN FOR ALL!

The Algoma Family Services Adventure-Based Learning (ABL) camp is a week-long recreational summer day camp for children in our community with therapeutic mental health concerns. It provides the opportunity for children ages 9 to 12 to participate in activities that they would not normally have the opportunity to, due to their emotional, social or behavioral issues. One week at the ABL camp provides campers the opportunity to:

- ▶ Improve self-esteem and reduce anxiety
- ▶ Work on emotional, social and behavioural issues with the support of Algoma Family Services clinical staff
- ▶ Improve relationship and team-work skills through activities such as tent building and scavenger hunts
- ▶ Participate in activities they have yet to experience such as starting a fire with flint and steel, canoeing and orienteering
- ▶ Learn safe and effective strategies for survival and problem solving
- ▶ Experience a summer camp, some for the first time
- ▶ Achieve personal success while surrounded by friends

Create memories
that will last a
lifetime!



HELP SPONSOR A CHILD TODAY

See our sponsorship card to sponsor a child for ABL Summer Camp



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STAY IN TOUCH WITH US



Summer Campaign Newsletter - July 2016