



MEMBERSHIP

Our Mission:

To educate & engage our community about mental health
To de-stigmatize mental health concerns
To advocate for mental health resources in North Wellington and Minto
To bring together a variety of agencies & community members
To network & share community resources

Our Work:

Community events relating to mental health education such as training & info. sessions
Community events relating to mental health entertainment such as comedy & movies
Collaborating with local politicians (The Mayor's Event for Mental Health)
H.O.P.E. Community Resource Guide (printed annually)
H.O.P.E. mental health resource booth
Fundraising events such as the annual H.O.P.E. community BBQ

Time commitment:

Hope Committee meets monthly (2 hours) in Mount Forest
Subcommittees-meet adhoc
Events-ad hoc

Valuable Skills you could contribute:

- Compassion for mental health & passion for community advocacy
- Knowledge of mental health and wellness
- Event planning & preparation
- Knowledge of community resources/networking Event staging and implementation
- Engaging community in topics and activities
- Ability to work within timelines & team goals
- Computer/design/social media knowledge
- Service skills such as food preparation, sales, etc.

Examples of Tasks:

- Selling/taking tickets, assisting attendees at HOPE events
- Taking orders, safe food preparation & service at HOPE events
- Brainstorming with the committee to create and plan events
- Booking/set up for events, including physical set up
- Creation & distribution of promotional & resource materials
- Networking with members of the community as well as businesses & agencies
- Actively participating in the mission in a fun and creative way, that gets the job done

Contact:

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