

## Who Do I Contact For More Information and To Join?

We welcome new members and encourage you to come to our meetings. For more information, please contact:

Paul McGinnis  
[paulmcginnis9@gmail.com](mailto:paulmcginnis9@gmail.com)  
613-829-7156

Linda Goonewardene  
[cupotea13@rogers.ca](mailto:cupotea13@rogers.ca)  
613-702-1595



## Our Meetings Mutual Support

The Mental Health Working Group welcomes you to our monthly meetings. We usually meet at the church on the last Sunday of each month from 12:30 to 14:00.

Many of us and our loved ones are challenged by mental health issues. Folks living with a mental illness and/or caregivers are invited to join us to share your experiences if you wish, offer and receive mutual support, and share ideas to help improve our quality of life. Your friends and family are also very welcome to attend.

At the end of each **sharing session**, MHWG members **continue the meeting to report on past activities and to plan future projects.**

# Mental Health Working Group

at the  
**FIRST UNITARIAN  
CONGREGATION OF OTTAWA**



**30 Cleary Avenue**  
**Ottawa, Ontario K2A 4A1**  
613-725-1066  
[uuoffice@firstunitarianottawa.ca](mailto:uuoffice@firstunitarianottawa.ca)

[www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca)  
 /First-Unitarian-Congregation-of-Ottawa

 @UUOttawa

**Sunday Services:** 10:30 a.m. year round  
**Office Hours:** 9:30 a.m.-4:00 p.m.  
Monday – Friday

## About Us

Unitarian Universalism has a long history of social action for peace and justice. At First Unitarian the Social Responsibility Council encourages and coordinates the activities of many working groups, one of which is the Mental Health Working Group (MHWG)

MHWG began in 2008 to support Ancoura whose mission is to provide a nurturing and fulfilling environment for adults living with a mental illness, through stable, affordable housing and a supportive community.



MHWG has broadened its scope to include mutual support for congregants who are living with a mental illness and **for caregivers supporting a loved one facing mental health challenges.**

## What Do We Do?

**The MHWG highlights mental illness and mental health issues within our Congregation, by:**

- **Providing a risk-free supportive group environment each month for congregants living with or supporting others experiencing mental health challenges.**
- **Advocating for a compassionate society free from the stigma of mental illness.**
- **Advocating for enhanced government and societal support for those living with a mental illness.**
- **Furthering the mission of Ancoura through activities, such as educational events, volunteer support of Ancoura residents, fundraising, and outreach to other faith communities.**
- **Educating our congregants and community on the issues surrounding mental illness, supportive housing, and the roles and needs of caregivers. The MHWG works closely, on common issues with other working groups.**

## Accomplishments

The MHWG is proud of its many achievements, including:

- ★ Worship Services  
MHWG has organized and led several services, most recently in 2016 and 2017. Special guest speakers, and Ancoura residents and volunteers have spoken on these occasions.
- ★ Fundraising  
Over \$25,000 has been donated to Ancoura through a concert fundraiser, Christmas card sales, and through our congregation's generosity.
- ★ Volunteers for Ancoura  
**Some** MHWG members have been active in supporting Ancoura, offering supportive community to residents, repairing homes, Board work, and fundraising.
- ★ Special Issues  
MHWG discusses and acts on mental health issues, **such as** ODSP reform, homelessness and housing. (DELETE INDIGENOUS)