



Women
FOR MENTAL HEALTH

WE ARE WE CAN WE WILL



Photo compliments of Valberg Imaging/Michelle Valberg and Valerie Keeler

We are the founding members of Women for Mental Health at The Royal – a group of philanthropic women who understand the need for open conversations about our community's mental health – conversations to drive change and inspire new attitudes.

The Royal is a leader in Canada's fight against the epidemic of mental illness. Help us transform the lives of those suffering by supporting leading edge research and clinical care programs.

Make a difference today, become a member of Women for Mental Health at www.youknowwhoiam.com or call 613.722.6521 ext. 6766

**Founding members of
Women for Mental Health**

Seated (L to R): Lisa Zed, Dodie Lewis, Caroline Bigué, Alyson Gaffney, Karen Chadwick, Janice Payne, Lili-Ann Foster, Donna Wishart, Colleen O'Connell-Campbell, Helen Hirsh Spence
Standing (L to R): Marlene Shepherd, Margaret Percy, Joyce Tannis, Manjit Basi, Susan St. Amand, Nancy O'Dea (Inaugural Chair), Michelle Valberg, Lynne Clark, Sheila Whyte, Cindy Harrison, Jacque LaRocque

Our goals are simple and clear —

to get those suffering from mental illness into remission faster,
and to transform the way major depression is treated.

Women for Mental Health is:

A philanthropic program at The Royal bringing together like-minded women who will inspire conversations and support for mental health – to shift attitudes and make real progress in changing the way people think about mental health. This change will help transform patient care and research at The Royal.

The program is an integral part of the Campaign for Mental Health which will fund the transformation of patient care and innovative research at The Royal.

Our Women for Mental Health will be committed to advancing change through conversations about mental health and meaningful and collective philanthropy. Their engagement in this program will result in a groundswell of support for mental health.

Membership:

Our commitment to you as a Women for Mental Health member:

- Meaningful and heartfelt dialogue with like-minded women
- Special invitations:
 - Celebration events
 - Conferences
 - Coffee, talk and tour events
 - Educations series and more
- Quarterly electronic newsletters
- Recognition as member when donors are listed online & in print

You will be at the heart of a movement to advance mental health transformation.

www.youknowwhoiam.com

Royal Ottawa Foundation for Mental Health

1145 Carling Avenue, Ottawa, Ontario K1Z 7K4 Phone: 613.722.6521 ext. 6766 Fax: 613.761.3605



Mental Health - Care & Research
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