

March 10, 2017

Jade's Ride for Mental Health is a non-profit fundraising initiative who is devoted to donating funds and raising awareness for mental health. Our goal is to raise awareness and funding for the Canadian Mental Health Association.

We ask that you consider supporting our cause. In the month of May, the members of Jade's Ride for Mental Health will embark on a 1,300 km cycling journey through Saskatchewan. Our funding goal is \$20,000. All funds donated to our cause will go towards programs and local services through the Canadian Mental Health Association- Saskatoon Branch, Inc.

Your donation will be acknowledged in multiple ways. We will list you on our Facebook Page as well as any promotional materials we may produce. Jade's Ride for Mental Health relies on support of generous donors such as you. Your donation will help ensure the success of our initiative.

We thank you for the consideration of our request, and look forward to hearing from you in the future.

Sincerely,

Jade Dulle

Coordinator



Canadian Mental
Health Association
Saskatoon
Mental health for all

March 9, 2017

This letter is to support Jade Dulle in her ambitious and meaningful “Jade’s Ride for Mental Health”! Jade is preparing to cycle 1300 kilometers to raise awareness, to decrease the stigma that often surrounds mental illness and to raise money to donate to Canadian Mental Health Association – Saskatoon Branch Inc. The money raised through this venture will go directly to programs and services in Saskatoon.

CMHA and Jade share a common passion, “mental health matters”! When Jade approached CMHA to ask for support in her endeavor I invited her to a staff meeting to tell us her story and to elaborate on the details of her “Ride”. Within minutes of her arrival she won us over! She is a warm, vibrant and passionate young woman determined to donate time, considerable energy and money to a cause that will ensure that others with mental illness will find help. From her own personal experience Jade knows that no one should have to face mental illness on their own; there should be resources available to help individuals navigate through the formal system and resources available to provide ongoing support in the community.

Like Jade, CMHA is resilient; with limited resources we provide programs designed to meet the psychological, emotional and social needs of people with mental illness. Our programs are client driven, and include Vocational Services, Pre-vocational Services, Life Skills, Labour Consulting, Social Recreation Program, Workplace Wellness Workshops, Mental Health First Aid Training, Living Life to the Full sessions, RISE (an education project in partnership with Bedford Road Collegiate), Talk Today (in partnership with WHL to address mental health needs of athletes), Depression Support Group, Anxiety Support Group, as well as on going advocacy, presentations and lunch and learns throughout the community.

Please help us achieve our vision “Mentally healthy people in a healthy society” by supporting Jade through donations to CMHA – Saskatoon Branch. We are a Registered Charitable Organization, charitable # 873443444 RR 0001.

Sincerely

A handwritten signature in blue ink that reads "Saville".

Susan Saville

Executive Director

Jade's Ride for Mental Health



Canadian Mental
Health Association
Saskatoon
Mental health for all

**CANADIAN MENTAL HEALTH ASSOCIATION
SASKATOON BRANCH INC.**
1301 Avenue P North
Saskatoon SK S7L 2X1
(306) 384-9333

DONOR NAME: _____

ADDRESS: _____ POSTAL CODE: _____

CITY: _____ PHONE: _____

SIGNATURE: _____ DATE: _____

Donations (cash or cheque) accepted: \$ _____

A charity receipt will be issued upon receipt of the donation. CMHA
Saskatoon Branch is a registered charity #87344 3444 RR 0001.

Please complete and return with donation to:

Canadian Mental Health Association - Saskatoon Branch Inc.
1301 Avenue P North
Saskatoon SK S7L 2X1

Thank you for your support!

CMHA - SASKATOON Branch Inc

Jade's Story

Jade Dulle is an active member of Saskatoon, enjoying canoeing, cycling, camping and performing in theatre and music.

Jade is passionate about helping others and creating a positive impact within her community.

A few years ago, Jade experienced symptoms of a mental illness. After attempting to go through the mental health system, she received minimal help.

With an abundance of people going through the system themselves; there were long waitlists and lacking resources.

Jade took her healing process upon herself by reading self-help books, exercising and using her community as an outlet.

A long healing process began; Jade now has a network of professionals giving her tools and skills to handle her symptoms. With experience and passion behind her, Jade would like to make a difference with "Jade's Ride for Mental Health."

Jade's Ride for Mental Health

Is a non-profit fundraising initiative dedicated to raising awareness and funding for mental health within Saskatchewan. On Tuesday, May 23rd, 2017, the team of Jade's Ride will embark on a 1,300 km cycling journey through Saskatchewan.

Jade Dulle: Coordinator/Cyclist
Calvin Dulle: Motorist (Camper Van)
Courtney Richard: Cyclist
Melisa Harris: Event Coordinator
Justine Dulle: Graphic Artist
Vicki Smith: Social Media Administrator

Jade's Ride for Mental Health



Tuesday, May 23rd, 2017 - End of June



Beginning: Creighton, SK

Through: P.A, Saskatoon, Regina, Moose Jaw

End: Port of Willow Creek

Jade's Ride for Mental Health

Saskatoon, SK

Phone: (306) 370-7958

"Mental health matters"

<https://www.facebook.com/>

www.jadesride.ca

The majority of our resources are devoted to promoting the mental health of people whose mental health is at risk. CMHA Saskatoon Branch supports people with mental illness in their efforts to go to school, to work and to be an active member in the community. To provide this support, we offer several key programs and services.

Life Skills Program

The Life Skills course is a program which runs daily from 10:00 AM until 3:00 PM. The program is 18 weeks long. The first 11 weeks are in the classroom, followed by seven weeks of activities in the community. These activities may include work assessments with a business, volunteer opportunities, education, or recreation programs.

Mental Health First Aid Training

The program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

Public Awareness

CMHA Saskatoon offers a variety of presentations that can be tailored to your individual or group needs.

Social Recreation

The Social Recreation Program is designed to provide opportunities for clients to engage in a variety of leisure activities as well as develop social relationships. Many new and lasting friendships have been formed over the years as a result of these programs.

Vocational Counseling

The Vocational Counsellors at CMHA Saskatoon Branch Inc. assist people with mental health disorders to obtain and maintain meaningful employment, volunteer work or to complete education that will improve employment potential. Additionally, Vocational Counsellors assist clients to improve and maintain their mental health.

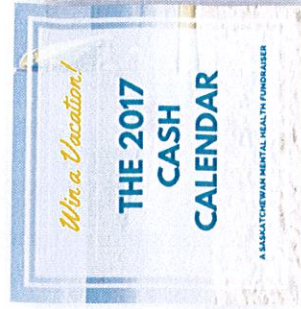
April 2017

SU	M	T	W	TH	F	S
26	27	28	29	30	31	1
	Let's Bowl	Gentle Yoga	Depression Support Group	Art Tea Party	BINGO	Let's Bowl
2	3	4	5	6	7	8
	Let's Bowl	Gentle Yoga Art Tea Party	Quilting Depression Support Group	BINGO Writer's Group		Let's Bowl
9	10	11	12	13	14	15
	Let's Bowl	Gentle Yoga	Depression Support Group	Art Tea Party Writer's Group		Let's Bowl
16	17	18	19	20	21	22
	Let's Bowl	Gentle Yoga Art Tea Party	Quilting Depression Support Group	BINGO Writer's Group		Let's Bowl
23	24	25	26	27	28	29
	Let's Bowl	Gentle Yoga	Depression Support Group	Art Tea Party Writer's Group		Let's Bowl
30	1	2	3	4	5	6
	Let's Bowl	Gentle Yoga Art Tea Party	Quilting Depression Support Group	BINGO Writer's Group		Let's Bowl

Mental Health

Mental health is not only the avoidance of serious mental illness. Your mental health is affected by numerous factors from your daily life, including the stress of balancing work with your health and relationships.

Website: <http://sk.cmha.ca/>



Donating Online

- Step 1) Click on the pink button that says "DONATE NOW"
- Step 2) Enter the total amount that you are donating
- Step 3) In the text box below the words "INCLUDE A MESSAGE FOR THIS CHARITY", please enter the words "In honor of Jade's Ride for Mental Health."
- Step 4) Click on the pink button that says "Continue with My Donation"
- Step 5) Fill out your payment information and click the pink button that says "Complete Donation Now"

The following link gives you access to donating online:
<https://www.canadahelps.org/en/charities/canadian-mental-health-association-saskatoon-branch-inc/>