



Maryvale

Dear Stigma Enigma/Maryvale Supporter

Thank you for being awesome!

This time last year you became part of a movement that is helping change the narrative of children's mental health in our community. We want to thank you and celebrate your support to Windsor's Maryvale Mental Health Centre. Your attendance/donation to our fundraising event last year helped us raise over \$127,000. The efforts of our community are most valuable. They allow Maryvale to expand their ability to reach young people before depression or suicide takes them from us. As a result of last year's event, Maryvale has been able to hire a psychologist who today is able to provide counselling for 70 children (ages 12 to 18) in Windsor/Essex County.

This is our fourth year of existence for Stigma Enigma. As a small group of basketball buddies we came to the realization that mental illness/suicide has impacted us all. We were heartbroken and frustrated. Today, with a committee of fifteen diverse and driven people, we continue to work together to assist the children of Windsor/Essex County.

Along with our fundraising efforts, and consistently meeting our mission statement, in a separate endeavour, we began an annual scholarship for medical students who decide to go into a psychiatry residency through the University of Windsor. Last year's inaugural Sophie Smith Scholarship winner was Sabrina Botsford of Tecumseh. At past events we have had very impactful speakers - Jordan Smith, Michael Landsberg, Dave Bing, Ted Ball, Eric Hipple, Aisha Alfa and Margaret Trudeau (last year). Our keynote speaker this year will be Silken Laumann. Silken is a former Olympic rower, inspirational speaker and author, who has had to overcome many challenges in her life. This year's event is being held on Saturday, November 11, 2017 at the Caboto Club.

We look forward to your continued support. Ticket and Sponsorship Order Form for this year's event are included with this letter. We sincerely thank you for any support you can offer.

Sincerely,

Dr. Patrick X. Smith  
Stigma Enigma Committee

Connie Martin  
Executive Director, Maryvale