

Board of Outreach & Communication

November Mental Health Support Drive

As part of their agenda for the year, the Board of Outreach and Communication (BOC) has decided to encourage the support of mental health during the month of November.

The demand for mental health support is always significant, however, the Covid-19 pandemic has increased the need in this area substantially.

Throughout November, the Outreach Board encourages members to consider making a donation to the [Canadian Mental Health Association \(Saskatchewan Division\) Inc.](#)

You can donate online at: <https://sk.cmha.ca/get-involved/donate>.
If you donate on-line, you can select “General” or pick a specific CMHA program to support.

There is also a mail-in option. Cheques can be made payable to ‘[CMHA Saskatchewan Division](#)’ and sent to [2702 12th Avenue - Regina, SK S4T 1J2](#).

As a charitable organization, CMHA issues receipts for income tax purposes on donations of \$10.00 or more.

Thank you for your consideration.



October Food Drive

**Thank you for your generous contributions
in support of the Regina Food Bank.**

**Please keep in mind that the need for food
continues throughout the year and the collection
barrel remains in the entry way year-round.**