

AN EVENING TO

Remember

11th Annual

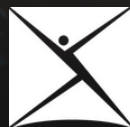
Evening to Remember

Friday, November 18

7PM - 8:30PM



EveningToRemember.ca



**Canadian Mental
Health Association**
Edmonton
Mental health for all

Program

Harp Performance with
Samantha Spurrier

Opening and welcome

Elder Prayer
with Carola Cunningham

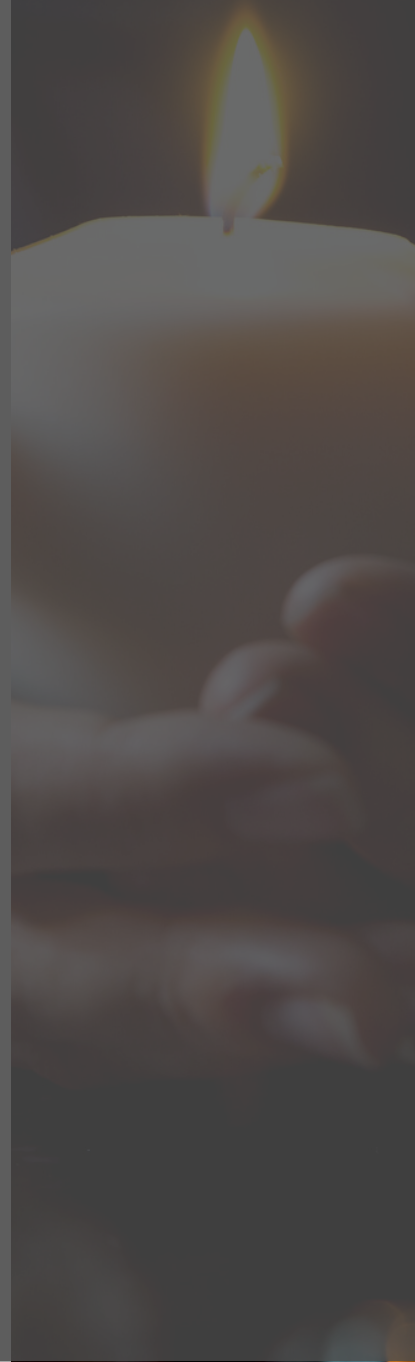
Edmonton MLA Address with
Lori Sigurdson,
MLA Edmonton - Riverview

Living Hope Presentation
with Sheena Abar-Iyamu

CMHA Edmonton Presentation
with Giri Puligandla

Grounding Exercise
with Shay and April

Grief Journey Sharing #1



Program

**Musical Performance with
Maigan Van der Giesen**

Grief Journey Sharing #2

**Cultural Performance with
Adrian LaChance and sons**

Grief Journey Sharing #3

Flower Ceremony

Memorial Video

**Musical Performance with
Maigan Van der Giesen**

Resources and closing remarks





**Canadian Mental
Health Association**
Edmonton
Mental health for all

Supports are available

Call **780-732-6654** or email **Pwasonga@cmha-edmonton.ab.ca** for program information.

Suicide Bereavement Support Services

Grieving a loss to suicide can seem overwhelming, but the support and understanding of others can be a powerful source of strength. Suicide Bereavement Support Groups welcome anyone who has lost someone to suicide.

Suicide Caregiver Support Services

Caregiver Support Services welcomes anyone who is providing care for someone who has attempted or may be thinking about suicide. We help lighten the burden by providing individual support sessions.

Critical Incident Debriefing

Our team offers group debriefing support to adults who have experienced a critical incident. The debriefing process provides a safe place for people to talk about and share experiences related to the incident.

find more programs and resources
at edmonton.cmha.ca



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Youth Suicide Bereavement Support Services

Grieving a loss to suicide can seem overwhelming, but the support and understanding of others can be a powerful source of strength. Youth Suicide Bereavement Support Groups welcome anyone who has lost someone to suicide between the ages of 12 to 25. Learn more about upcoming intakes at edmonton.cmha.ca/youth-SGSS.

211

A free, confidential, 24/7 service that provides information and referrals to a wide range of community, social, health, and government services. Call 211, text INFO to 211 or chat online at ab.211.ca.

24-Hour Distress Line

780-482-4357

Brite Line 2SLGBTQIA+ Support

1-844-702-7483

find more programs and resources
at edmonton.cmha.ca

Evening to Remember would not be possible without the hard work and dedication of our volunteer committee

Phil Haug
Laura Kate Jeffreys
Sylvia Flannigan

Karla Fong
Melissa Bishop
David Prystai

Special thank you to our Distress Line
Volunteers for helping with
An Evening to Remember

Saymon T. Ximena V. Yesu D.



**Canadian Mental
Health Association**
Edmonton
Mental health for all



Thank you to the Grant MacEwan
Communications department production
interns for helping record
An Evening to Remember

Jason Malenko
Sheena Rossiter
Adrian Ting

Dylan Campbell
Cam Mark
Savannah Tilley
Gerard Murray

Eve Ree-Fedun
Kieran Fong
Keatyn Bauer

Julia Archelene Magsombolj

Thank you to this
year's event sponsors



Living Hope



*Thank you for joining us for the
11th annual Evening to Remember.*



Canadian Mental
Health Association
Edmonton
Mental health for all

Canadian Mental Health Association - Edmonton Region

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