

Dear Anne Marie --

Join our Mental Health Week 2020 Challenge on #GivingTuesday



This year will go down in history as a year when the world as we know it changed. The COVID-19 pandemic has taught us about physical distancing, the importance of hand hygiene and masks, and has reminded us that while we cannot be with many of those we love, we can still be connected and show that love in so many different ways.

That is how we feel about the work we do at CMHA Cowichan Valley Branch. We continue to see, listen and care for people in our community as they need support. Only a few of our programs are 'on hold' because of COVID-19 and we have quickly adapted our services to continue to support to some of the Cowichan Valley's most vulnerable citizens.

**Today, with #GivingTuesday coinciding with Mental Health Week, we are reaching out to our supporters for help.** We are calling on you to be a part of CMHA Cowichan Valley Branch's 2020 #GivingTuesday Challenge. We hope to see donors support CMHA-CVB during this time of need.

**We are encouraging you to consider donating in a variety of ways including:**

- [Sign up](#) to be a monthly donor
- [Contribute](#) a one-time donation
- [Sponsor a Meal at Warmland](#)
- [Donate to Upgrade our Laundry Facilities](#) at Warmland House Shelter

- [Become a member](#) of the CMHA Cowichan Valley Branch and have a voice in mental health programming in the community
- Encourage a friend or family member to [donate](#) to any of the above
- [Get in touch](#) with us about organizing a group fundraiser at work or a organizing a collection of much needed items

We recognize that you may be facing challenges with your mental health and/or your finances. If you cannot donate today, that's okay. We already know you are connected to our work and when the time is right you will be there for us. Some of you have recently donated and for that we THANK YOU!

**One of the other ways you can support us is by sharing the programs and services we offer with your networks.** If you are active on any social media platforms please follow us and share our posts so that others can find the support that they need, or perhaps offer us some support during these extraordinary times.

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [Our website](#)

Thank you for being a champion for the CMHA Cowichan Valley Branch and for your ongoing support. Thank you for taking care of each other and for understanding how important our continued work reducing stigma around mental health and substance use is. Thank you and please take of yourselves, your friends and families and your neighbours. **We are all in this together.**

**#mentalhealthweek #givingtuesday #weareinthistogether**

CMHA - Cowichan Valley Branch  
<http://www.cmhacowichanvalley.com/>

Canadian Mental Health Association - Cow · 201 5878 York Rd, Duncan, BC V9L3S4, Canada  
This email was sent to [annemarie.thornton@cmha.bc.ca](mailto:annemarie.thornton@cmha.bc.ca). To stop receiving emails, [click here](#).  
You can also keep up with CMHA - Cowichan Valley Branch on [Twitter](#) or [Facebook](#).

