

CANADIAN MENTAL HEALTH ASSOCIATION WOOD BUFFALO



2023 ANNUAL REPORT



**Canadian Mental
Health Association**
Wood Buffalo
Mental health for all

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Wood Buffalo
Mental health for all



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Message from the Executive Director

CMHA Wood Buffalo held its 6th Annual First Responders Golf Tournament on September 8th. The tournament was a huge success raising much needed funds for the day-to-day operations of the agency. As part of the event, mulligans were sold. A mulligan is simply a second chance shot, a do-over to make a better shot. We sold 333 mulligans at the tournament.

Everyday CMHA Wood Buffalo meets with individuals who are looking for that second chance, the opportunity to reset, and seek support, as they navigate their mental health. Through meaningful conversations, learning opportunities, and support in facilitating access to resources, individuals are able to strengthen and improve their mental wellness. What we saw this past year was a rise in individuals reaching out for support and accessing our many programs. We saw an increase in requests for presentations and support in our schools for both students and staff, as well as from the business/industry sector. There also was a rise in youth needing support to access services and programming within our region. In addition to this, we worked hard in developing relationships with our many Indigenous communities. This hard work has allowed us to provide these communities with much-needed mental health supports, all from an Indigenous lens. And while we were excited for this surge of acceptance and understanding of the importance of mental health wellness, we continued to be challenged. But despite seeing a decrease in funding, staffing being stretched thin, and an increase in operational and living costs, CMHA Wood Buffalo continued to work tirelessly, to be responsive to community needs while ensuring that every program was accessible and relevant to our region. Most importantly though, we remained committed to being a safe place for people to share, learn, and grow as they moved through the mental health journey.

CMHA Wood Buffalo will forever be a champion for mental health wellness, continuing to collaborate with those who share our vision of creating a community that fosters and embraces mental wellness for all. To our funders, donors, volunteers, community partners, and of course our Board of Directors, we are grateful for your commitment to CMHA Wood Buffalo and in your advocacy for mental wellness in our region. To the CMHA Wood Buffalo staff team, who each day bring hope, connection and belonging to every person they support, thank you for all that you do. Best team ever!

In closing, it is important to realize that while there will be days when we may wind up in the rough, or land in a sand bunker or lose our ball in a water hazard, the key is to remember that we always have a CMHA Wood Buffalo mulligan in our back pocket.

Susan Goll
Executive Director





OUR VISION

A thriving community where we foster and embrace mental wellness for all.



OUR MISSION

To provide services and facilitate access to resources and guidance for people to maintain and improve mental wellness. We believe in fostering community inclusion, striving for resilience, and collaborating to enhance sustainable mental health service delivery in our region.



GUIDING PRINCIPLES

- Embracing the knowledge of peoples lived experience
- Promoting inclusion of all voices in a safe environment
- Rooting our service offering in best practice
- Providing sustainable and effective services
- Transparent and accountable

CMHA Wood Buffalo is proud to offer a comprehensive range of mental health services to support our local community.

We have been a champion and strong advocate for mental health in our region since 1984 and are excited to share with our community and stakeholders our new strategic plan that will guide our work for the next four years.



STRATEGIC PRIORITIES



WHO WE ARE



Staff:

Susan Goll
 Monica Viel
 Jacqui Everson
 Jodi Collins
 Krista Anthony
 Katie Reddy
 Mike Jones
 Silvie Miller
 Nancy Fitzpatrick
 Angela Betts

Executive Director
 Manager of Operations
 Senior Program Developer - Recovery College
 Family Peer Coordinator
 Mental Health Coordinator
 Mental Health Coordinator
 Marketing & Communications Coordinator
 Consumer Advocate
 Youth Network Manager
 Systems Navigator - Integrated Youth Network

BOARD OF DIRECTORS



Carina Van Heerde	President
Charles McDonald	Past President
Vice President – Daniel Rippe	Vice-President
Treasurer – Lisa Butler	Treasurer
Andrew Tarbitt	Director - CMHA AB Division
Laurie Juhlin	Director
Michael Vickers	Director
Roger Harvey	Director
Jessica Pye	Director
Ashley Makey	Director

Julia Dobbin	Summer Student
Sajida Abdulmalik	Social Work Student
Lily LaPierre	Summer Student
Pamela Hernandez	Nursing Student
Laurell Pallott	Nursing Student





Recovery College

Real people sharing what works

Recovery College provides free courses that help you develop your own resourcefulness. There are courses for anyone, youth, and family, friends, and parents, so you can easily find one that is right for you. All of our courses are developed and delivered in partnership with our peer supporters and students who are experts by experience: they have their own personal story of a mental health or substance use concern, or are supporting a loved one.

KNOWLEDGE IS POWER SERIES

COURSES

- Regulating Our Emotions
- Self Compassion
- Confront the Discomfort
- Empowering Helpers
- Finding Freedom
- LGBTQ2S+ Allyship
- Healthy Relationships
- Getting Grounded
- Finding Freedom
- Trauma Informed Care

- Self Harm
- Eating Disorders
- Depression
- Anxiety
- Addictions
- Trauma Informed Care
- Grief and Loss
- Bi-Polar Disorder

“ It was a safe space to process things that I had been through with others who were caring and supportive. Thanks to this experience, I found I wanted to help others ”
- STUDENT

Recovery College by the numbers
(April 1, 2022 - March 31, 2023)

- 36** Total courses offered
- 660** Total participant course hours
- 76** New participants served



“OOH! UPGRADES!”
in 2023, our Recovery College received a major technology facelift courtesy of the Government of Canada's Community Services Recovery Fund & United Way Fort McMurray and Wood Buffalo. This will allow our classes to continue in a hybrid in-person/virtual setting, as well as prevent outside disruptions to and from the rest of the office.
SPECIAL SHOUTOUT TO AUDIO DEZIGNS FOR GETTING US SET UP!

CAREGIVER connections

Peer support for parents and caregivers of those with a mental health and/or addiction concern.

? WHO IS A CAREGIVER?
 A CAREGIVER IS ANYONE WHO PROVIDES CARE FOR ANOTHER PERSON. THIS CAN INCLUDE PARENTS, SIBLINGS, TEACHERS, FRONT LINE WORKERS ETC.

85

INDIVIDUALS HELPED

TOTAL ENGAGEMENTS

1,001

2023

Highlights :

- HELPING TEACHERS @ FRANK SPRAGINS ON PLF FRIDAYS
- DAY CARE HOME PROVIDERS
- TEACHERS @ ISLAMIC SCHOOL
- CAREGIVERS OF GENDER DIVERSE YOUTH W/ PRIDE YMM EA'S AT FMCSO
- CAREGIVERS @ TIMBERLEA SCHOOL (PRESENTATION ON COPING W/STRESS)
- McMURRAY METIS WOMEN'S SUPPORT GROUP
- FORT CHIPEWYAN CAREGIVERS DURING IN-PERSON VISIT
- SUPPORT THROUGH HOUSING TEAM



Caregiver Support Group

Caregivers are individuals who are actively involved with the care of a child, youth, adult or senior. Perhaps you are a caregiver who sometimes feels confused, frustrated, scared or even guilty?

Maybe you're in need of community supports or healthy coping skills? Come join us in-person and connect with peers who can relate to what it means to be a caregiver.

Date: The first Tuesday of each month

One on one peer support

If you are a parent or caregiver who is supporting someone with a mental health/addiction concern you can speak with a trained peer to talk about your struggles, share your experience, find resources in your community and learn skills to better care for someone.

WITH FUNDING CONSIDERATIONS FROM



CAREGIVER CONNECTIONS IS IN PARTNERSHIP WITH THE GOVERNMENT OF ALBERTA AND MINISTRY OF CHILDREN'S SERVICES, WHO HAVE DEVELOPED THE PEER-TO-PEER FAMILY SUPPORT PROGRAM.

CONSUMER ADVOCATE

FUNDED BY:



SILVIE, THE CONSUMER ADVOCATE WORKS WITH PEOPLE WITH LIVED EXPERIENCE OF MENTAL ILLNESS, THEIR FAMILIES AND OTHER CAREGIVERS, TO FIND THE SERVICES AND SUPPORTS THEY NEED.

80 UNIQUE CLIENTS
510 PHONE INTERACTIONS
130 ON SITE VISITS

FINANCIAL ASSISTANCE APPLICATIONS, LOW COST THERAPY REFERRALS, LANDLORD/TENANTS HELP, EMPLOYMENT REFERRALS



SILVIE IN THE COMMUNITY

Between her many client intake visits, Silvie is extremely active in the community. You can find her smiling face at events like Bell Lets Talk, Overdose Awareness Week & Homeless Connect



MOST REQUESTED SERVICES

EMOTIONAL SUPPORT

ASSISTANCE WITH :

- APPLYING FOR INCOME SUPPORT, AISH & EI
- APPLYING WITH WOOD BUFFALO HOUSING
- FINDING A FAMILY DOCTOR
- FINDING A FAMILY PSYCHIATRIST
- FINDING A THERAPIST
- LOOKING FOR / APPLYING FOR A JOB
- GOAL SETTING, TASK COMPLETION
- ACCOUNTABILITY

CLIENTS SAID :



“In my mental health journey, the Consumer Advocate Program at CMHA Wood Buffalo has been where I have felt most at home and most supported”.

“The Consumer Advocate Program saves lives. When I had lost hope and didn’t know where else to turn, the Consumer Advocate Program was there when I needed it most”.



In December 2022, CMHA staff launched **Relatable : A Podcast About Mental Health**. Listen now wherever you stream your podcasts - and stay tuned for new episodes in 2023 & beyond!



INDIGENOUS RELATIONSHIPS

CMHA WOOD BUFFALO REALIZED MORE THAN EVER IN 2022 AND 2023 THE HEALING NEEDED IN OUR SURROUNDING COMMUNITIES.

IN FORT CHIPEWYAN CMHA DID A SPECIAL TRAUMA INFORMED WORKSHOP, RECOGNIZING THE TRAUMA THE PEOPLES AND COMMUNITY HAS FACED IN THE PAST, WHILE PROVIDING NEW SKILLS TO HELP INDIVIDUALS INCREASE THEIR OWN COPING SKILLS, AND HAVE TOOLS TO UTILIZE IN THE FACE OF ONGOING CRISIS. THEY NOTED AS A PARTICULARLY ISOLATED COMMUNITY THE WORKSHOP WAS EXCELLENT AS IT HIGHLIGHTED THE IMPACTS OF TRAUMA ON MENTAL HEALTH AND ADDICTION, AS WELL AS EMPHASIZED COMMUNITY GRASSROOTS RESPONSE, FOR INDIVIDUALS, FAMILIES AND THE COMMUNITY AS A WHOLE. INDIVIDUALS TAKING THE WORKSHOP INDICATED THEY FELT BETTER EQUIPPED TO COPE WITH HEIGHTENED EMOTIONS AND WOULD BE BETTER ABLE TO RESPOND TO THEIR OWN MENTAL WELLNESS NEEDS WITH SKILLS LEARNED. SOME ALSO REPORTED THEY FELT A LITTLE LESS STIGMA OVER THEIR TRAUMA AND MENTAL HEALTH CONCERNS, THAT OTHERS OBVIOUSLY DID CARE AND WOULDN'T JUDGE OVER THEIR EXPERIENCES. CMHA STAFF INDICATE THE EXPERIENCE WAS AN INCREDIBLY POWERFUL ONE.

"HEALING IS A WAY TO A BETTER YOU & HEALTHIER LIFE DAILY." - PARTICIPANT FROM THE SEW & TALK EVENT HELD IN PARTNERSHIP WITH ACFN IN THE COMMUNITY OF FORT CHIPEWYAN. MANY INDIVIDUALS WHO JOINED THIS PARTICULAR WORKSHOP HELD AT THE END OF MARCH, INDICATED THEY WERE REALLY PLEASED TO SEE CMHA COME BACK TO THEIR COMMUNITY TO OFFER MENTAL HEALTH SUPPORTS. THEY EXPRESSED APPRECIATION FOR COMBINING MENTAL HEALTH TOPICS WITH TRADITIONAL ACTIVITIES LIKE BEADING AND SEWING, NOTING IT MADE IT MUCH EASIER TO TALK ABOUT DIFFICULT SITUATIONS AND TRAUMA. FEEDBACK INCLUDED THAT INDIVIDUALS FELT THEY WERE ON THEIR HEALING JOURNEY, AND THAT THOUGH PAINFUL THOUGHTS WERE RE-OCCURRING, THEY FELT BETTER EQUIPPED TO DEAL WITH SOME OF THEM THROUGH TOPICS AND RESOURCES DISCUSSED. CMHA STAFF WERE INVITED TO A NUMBER OF COMMUNITY EVENTS, AND DISCUSSED SUPPORTS AND COPING. THROUGH OUR PARTNERSHIP WITH ACFN, CMHA WILL BE FLYING A TEAM QUARTERLY TO FORT CHIPEWYAN TO PROVIDE SUPPORTS, RESOURCES, AND PROGRAMMING.



*Marci cho for helping
heal Fort Chipewyan
Athabasca Chipewyan
First Nation*

"THE MISSION OF CMHA VALUES INDIGENOUS RURAL COMMUNITIES IN THAT THEIR SERVICE DELIVERY IS PURPOSEFUL AND SUSTAINABLE, WHICH IS ESSENTIAL WHEN BUILDING COMMUNITY CAPACITY. AT ATHABASCA TRIBAL COUNCIL, WE RECOGNIZE AND ADMIRE THE EFFORTS OF THE CANADIAN MENTAL HEALTH ASSOCIATION IN FORT MCMURRAY AND SURROUNDING AREAS. CMHA'S DESIRE AND ABILITY TO PROVIDE LOW THRESHOLD SERVICES FOR OUR RURAL INDIGENOUS COMMUNITIES AS WELL AS THEIR EFFORTS TO CREATE SELF-SUSTAINING PROGRAMS ARE EVIDENCE OF THEIR MISSION AND VALUES. CMHA IS INCLUSIVE, ADAPTABLE, AND EFFECTIVE IN THEIR PROGRAM AND TRAINING DELIVERY."

- HARLEY JOHNSON, PREVENTION COORDINATOR WITH CHILD AND FAMILY SERVICES, ATC

"CMHA'S EXPERIENCE IN PROVIDING PROGRAMS AND SERVICES IN OUR REGION IS WELL KNOWN AND RESPECTED....WE ARE A KEY SERVICE PROVIDER IN THE NORTHERN REGION OF ALBERTA AND CONSIDER THE PROPOSED PROJECT A VITAL STEP FORWARDTO ADDRESS KNOWN GAPS IN COMMUNITY-BASED SUPPORT ACROSS OUR REGION."

- LORI STEVENS, SOCIAL WORKER AND DEVELOPMENT MANAGER, ACFN

YOUTH HUB HIGHLIGHTS

- Bridging the Gap (YMCA) - Employment Readiness Program
- Living Life to the Full (YMCA/Pride YMM/SECPA programming)
- Period Promise Campaign - 2500 period kits to be distributed to high schools
- Tawaw - Upcoming Supporting Housing Initiative
- Trauma Informed Book Club
- Regulating Emotions through Youth Justice
- Heart Spark program for Girls Empowerment
- 2SLGBTQ+ Inclusive Basketball through Northern Trailblazers Basketball Association
- Bounce On - Basketball Skills for All Levels
- Alberta Attendance Board - Implementing an Indigenous Elder led Support Team
- **Newcomer Orientation Week**
- ATC Cultural Festival
- Support for Fort Chipewyan Fire Evacuees
- Empty Bowls Festival
- Pride YMM Festival



Alberta

350+

Referrals sent to
community

170

Referrals from the
community



The Youth Hub was set up at **Rock The Rails** at the Timberlea Skatepark to provide information on our programming and the **YOUTH HUB**, which is a safe space for LGBTQ2S+ youth and allies





FUNDRAISING EVENTS



March Mullet
Grow a Mullet in March to help raise awareness of the issues surrounding mental health!

OVER \$20,000

earls RAISED!! **seller direct**
KITCHEN + BAR Northern Homes Realty



Held on Friday, September 8th at the Miskanaw Golf Course, the tournament saw a sell out of 144 golfers sign up to take part. Golfers were treated to food and drink and tons of activities throughout the course, and a concert from Max Noseworthy to cap off the evening. Finishing off the evening was our Helicopter Ball Drop 50/50 presented by Local HERO Foundation. One of the highlights was the brand new Back Down Challenge, presented by the Whisky Heathens. Additional funds were raised with an Indigenous drum donated by board member Roger Harvey auctioned off as well as six themed raffle packages featuring a smoker BBQ, an acoustic guitar plus gift certificates from local wellness companies and restaurants, golf passes and more.



BY THE NUMBERS

\$33,309 **TOTAL DOLLARS RAISED**

144 **GOLFERS**

20 **VOLUNTEERS**

6 **EXCITING RAFFLE PRIZES**

5 **HOLE IN ONE PRIZES**

29 **COMMUNITY PRIZE DONORS**

THE 6TH ANNUAL FIRST RESPONDERS GOLF TOURNAMENT
FRIDAY, SEPTEMBER 8, 2023 MISKANAW GOLF CLUB



CMHA IN THE COMMUNITY



CMHA Charity Jam & Silent Auction

Over 30 musicians performed at the Jam, which found a brand new venue! This year's event raised more than \$10,000
SEE PAGE 14 FOR MORE

Blackhorse Pub

Blackhorse Pub was a massive partner again this year including their Monday Night Football squares, Grey Cup and Super Bowl parties as well as their Golf Tournament.

Thrifty Dutchess

Thrifty Dutchess was a proud advocate and partner for CMHA, choosing us as their charity of choice in November 2022 & September 2023; as well as donating prizes and volunteering for various events



Fort McMurray Apostles Poker Run

The Fort McMurray Apostles Motorcycle Society again chose CMHA Wood Buffalo as the benefactor for their annual Poker Run, raising \$19,000 throughout the day with silent auctions, prizes and more.



Our staff & volunteers also attended the following events

- Mental Health Week
- Suicide Prevention Week at Keyano College
- Mental Illness Awareness Week
- Pride YMM Festival
- Rock The Rails
- Seniors Wellness Expo
- ATC Cultural Festival
- Fort McMurray Strongmen
- United Way Jail & Bail
- Wood Buffalo Ribfest
- Wood Buffalo Food Bank Fall Drive
- Blackhorse Pub Golf Tournament
- Community Registration Day
- Tourism Spring Show & Market
- Boston Pizza "Chew For Charity"



For the second straight year, The Music Room @ All - In Sports Den invited the community out to Record Store Day, benefitting CMHA Wood Buffalo. Superior Propane provided a BBQ, and the event raised \$1,404

CMHA IN THE MEDIA



CMHA First Responders Golf Tournament

Fort McMurray Matters on Mix 103.7

News

[Listen on Apple Podcasts](#)

Mike joins the show to discuss the First Responders Golf Tournament, the special-themed holes, and how the money supports the CMHA.

[Episode Website](#)

[More Episodes](#)

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8 min

PLAY

Local woman putting hair on the line for mental health

by Alex MacLeod

May 2, 2023

A Fort McMurray resident is putting her hair on the line in support of the Canadian Mental Health Association (CMHA), here in Wood Buffalo.

If Diana Noble, owner/broker at Seller Direct Northern Homes Realty, raises \$22,000 by June 3, 2023, then she will have her hair shaved off at Rock the Rails.

Noble is putting out a "corporate challenge" to companies looking to participate.

The tiers are:

- \$500 – Social media shoutout on three different platforms (CMHA – Wood Buffalo, Rock the Rails, and Seller Direct Northern Homes Realty)
- \$1000 – Shoutout, as well as a mention on stage at Rock the Rails
- \$2000 – Social media shoutout, on-stage mention, and cut a braid off of Diana's head before it gets shaved

All donations are welcome and the money will go directly to the CMHA here in Wood Buffalo.

Thank you
media partners!

Fort McMurray Today
Mix 103.7 Fort McMurray Matters
100.5 CRUZ FM
YMM Parent Magazine
The Mac City Morning Show
YMM Weekly
Country 93.3 / 97.9 ROCK

News / Local News

Demand for community mental health services still rising as most COVID-19 restrictions end

Laura Beamish

Apr 14, 2022 · April 14, 2022 · 2 minute read

[Join the conversation](#)



A SOS Crisis Line sign concerning mental health is seen on Highway 63 at the south end of Fort McMurray on Thursday, April 6, 2017. Ian Kucerek/Postmedia

More than a month after most provincial COVID-19 restrictions have been lifted, Canadian Mental Health Association (CMHA) Wood Buffalo executive director Amanda Holloway said their phones have "been ringing off the hook."

People ask about programs and services offered by CMHA Wood Buffalo or other community groups. They also ask for in-person conversations and therapy sessions.



CMHA—Wood Buffalo talks employee mental health in



CBC EDMONTON NEWS

Mike Jones
Canadian Mental Health Association

CMHA Marketing & Communications Coordinator Mike Jones was on CBC Edmonton News to talk about PTSD.



United Way
Fort McMurray
and Wood Buffalo
fmwbunitedway.com

OUR PARTNERS

Primary Funders:



FIRST RESPONDERS GOLF TOURNAMENT

SPONSORS



Voigt - Harley Davidson, Northstar Ford Lincoln, SpeedPro Signs, Westland Insurance, Mountain View Benefits, Unifor Local 707-A, O Canada Painting, My IT Pro, Urban Kitchen Table, Home Hardware

Thanks CHARITY JAM MUSICIANS

HOST - MAX NOSEWORTHY

SOUND - Mike Cestnick

PERFORMERS

The Bennetts

Jade Bennett

Jess Payette

Adam Bugden

Darryl John

Troy McConnell

Nathan Robbins



Craig Maher

Dan Tulk

Kitchen Party

Shantelle Davidson

Tyson Coombs

Craig Moritz

Darren Ehler

Chris Pottie

Reuben Rotar

Eric Leduc

Top Shelf

COMING SOON IN 2024

CMHA CHARITY JAM FEBRUARY 16



THE CHARITY JAM RETURNS AS SOME OF FORT MCMURRAY'S TOP MUSICIANS TAKE OVER THE SUNCOR ENERGY CENTRE FOR THE PERFORMING ARTS FOR AN EVENING OF ENTERTAINMENT AND SILENT AUCTIONS!

MULLETS FOR MENTAL HEALTH MARCH 1 - 31

BUSINESS IN THE FRONT – PARTY IN THE BACK! START GROWING YOUR HAIR LONG (OR PURCHASE A MULLET WIG FOR \$25) AND GET READY TO RAISE FUNDS AND AWARENESS! AND DON'T MISS OUR LEGENDARY 50/50 AND WRAP-UP PARTY



FIRST RESPONDERS GOLF TOURNAMENT SEPTEMBER 6TH

JOIN US AT MISKANAW GOLF CLUB FOR A FULL DAY OF GOLF, ACTIVITIES AND MORE FEATURING THE RETURN OF THE 50/50 HELICOPTER BALL DROP AND THE 19TH HOLE PATIO!

*EXACT DATES SUBJECT TO CHANGE



Membership

By Becoming a CMHA – WB Member you help by:

- Supporting specialized services across Alberta and in your local community
- Joining a movement to build a community of hope, support and inclusion for people experiencing mental illness
- Showing you care about mental health in Alberta and your community

Annual membership fees:

- \$5 Individuals on a limited income
- \$20 Individual
- \$50 Organization

What Do You Gain?

- Membership with your local CMHA region and the CMHA Alberta Division
- The opportunity to vote for members of our governing board of directors
- The opportunity to attend our divisional annual meeting
- Information and news about mental health in your community



MENTAL HEALTH TIPS

- TRACK GRATITUDE & ACHIEVEMENT IN A JOURNAL
- WORK YOUR STRENGTHS TO BUILD UP SELF CONFIDENCE BEFORE TACKLING HARDER TACTICS
 - TAKE TIME TO LAUGH
- RELAX IN A WARM BATH AT LEAST ONCE A WEEK
 - BE A TOURIST IN YOUR OWN TOWN
 - PRACTICE FORGIVENESS
- ENJOY 15 MINUTES OF SUNSHINE (YES, EVEN IN WINTER)



Stay Connected

Canadian Mental Health Association Wood Buffalo

111 - 8530 Manning Avenue, Fort McMurray AB T9H

Phone: 780-743-1053 Fax: 780-743-0959

Office Hours: Monday to Friday 8:30 AM to 4:00 PM

Follow us



CMHA - Wood Buffalo



@CMHAWB



@CMHAWB

Website: woodbuffalo.cmha.ca



WOOD BUFFALO IS LOCATED ON THE TRADITIONAL MEETING PLACE & HOME FOR MANY INDIGENOUS PEOPLES, INCLUDING THE CREE, DENE, INUIT & MÉTIS PEOPLES, AS IDENTIFIED IN TREATY 8 AND MÉTIS REGION 1 TERRITORY.

Thank you to our
Primary Funders



United Way
Fort McMurray
and Wood Buffalo

fmwbunitedway.com



REGIONAL MUNICIPALITY
OF WOOD BUFFALO



CANADIAN
RED CROSS



Canadian Mental
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Mental health for all