



EDIFY

verb /ed.i.fy

to instruct or benefit; improve morally or intellectually; to instruct; to empower

Our goal is to reduce stigma by taking conversations about Mental Health out of the shadows. We strive to make these conversations become part of our everyday lives. People will no longer struggle in silence.

Our reality is that everyone knows someone who has struggled, whether that is a family member, a friend, a co-worker or employee, we often feel helpless. Educating and training as many people as possible is the key.

Physical fitness helps our bodies stay strong enough to engage in mental fitness, which in turn helps us achieve and sustain a state of good Mental Health. All aspects of our mental well-being need to be well-rounded physically and mentally.

Become part of a community that is more educated, inclusive and supported!

Community partnerships are key to moving forward and creating a space where everyone feels welcome and supported in their search for good Mental Health.

Every workshop, training session, counselling session and speaking engagement, builds more resilient communities.

Mind - Body- Community

Our passion is to teach, train and empower you! Focusing on living healthy can have a profoundly positive impact on mental well being everyday.

With over 20 years of experience helping people who struggle with their mental health, Edify has learned a lot; People need help and don't always know where to turn.

There are some identified gaps in service that can be filled through our Community Impact Company. Not everyone requires hospital intervention, a psychiatrist or long-term counselling. Many need only to get support, become aware and learn to manage their day to day.

Are you Aware?

- Every 40 seconds, someone dies by Suicide around the world
- In any given year, 1 in 5 people in Canada will personally experience a Mental Health problem or illness
- By the age of 40, 50% of the population will have or have had a Mental Illness
- Suicide is the 2nd leading cause of death amongst people ages 15 and 34
- Mental Health is the #1 cause of absenteeism in the workplace in Ontario.
- The cost to Canadian employers is \$50 Billion dollars each year
- 77% of employees fear talking about their Mental Health with their employer
- Only 1/3 of Canadians get help with their Mental Health or Addiction Struggles
- Being physically active on a regular basis is proven to reduce psychological distress by 47%

The Training Centre

We are inviting community minded businesses and individuals to join us in developing our Mental Health Training Facility. This will be a community space located in Dufferin County for support and education.

We are building a more resilient community in our centre by:

- Creating awareness about Mental Health Issues, Suicide and Self Care practices
- Delivering evidence informed Mental Health and Suicide prevention workshops
- Addressing community and employer needs through the development of custom workshops
- Empowering people with strength and confidence through our Physical Focus Program
- Offering counselling and support at the centre
- Encouraging community partners to make use of the accessible space and participate in all aspects

Workshops & Training

ASIST ~ Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

safeTALK ~ This is a half day (3.5hrs) suicide alertness training that prepares anyone over the age of 15 regardless of prior experience or training, to become a suicide-alert helper.

ASK ~ This one day workshop challenges commonly held notions about children's capacity to consider suicide. It facilitates awareness of the signs that a young child may be at risk and what is needed to help.

SuicideTALK ~ Ranging from 90 minutes to a half day, suicideTALK invites all participants, regardless of prior training or experience, to become more aware of suicide prevention opportunities in their community.

Mental Health Awareness Series ~ This workshop is for anyone who works or lives with individuals experiencing mental health issues. It will provide a comprehensive overview of mental health issues and ways to foster positive mental health. This workshop can be tailored to specific group needs.

Bullycide ~ Exploring the world of youth Mental Health and Suicide can help you identify when bullying has begun to have an impact on wanting to live. In this workshop, participants will learn identifiers for youth who struggle with their mental health, bullying and thoughts of suicide.

Physical Focus Program ~ We offer a unique approach to mental wellness through Boxing. Our approach involves a physical focus for clients as they address their self care needs, gain focus and become empowered with confidence. Sessions include 1:1 sessions, women's strength groups, therapeutic boxing for kids and customized programs to address corporate needs.

Self Care ~ In this workshop we will discuss how to recognize mental health issues, understanding the importance of good coping skills and self care. We will look at creative ideas for day to day self care and how to create good healthy habits that will help maintain a positive mind, body and community connection.

Trauma Aware ~ Becoming "trauma-aware" means recognizing that people often have many different types of trauma in their lives. Understanding the impact of trauma is an important first step in becoming a compassionate and supportive community.

Putting funds into a cause that will create a better, more supported community can make all the difference

Partnering with a Community Impact Company like Edify can create a more resilient, supported and successful community. Creating partnerships that will last a lifetime will ensure support for those in need. We know that people are looking to be more educated about Mental Health so that they in turn can help others. Everyone has been impacted in some way by those struggling and can take comfort in knowing that they can access services without long waiting lists or lengthy referrals.

Partnership Benefits:

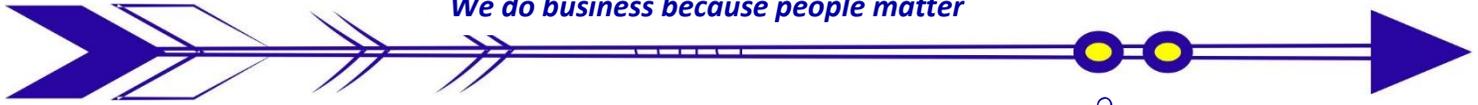
- Become a leader in your community by becoming involved with a well-rounded organization with a unique approach
- 100% tax deductible
- Become a part of a new community support network
- Increase employee retention by addressing Mental Health concerns in the workplace
- Instill confidence in the lives of those struggling in your community
- Receive support within your workplace through customized workshops and trainings
- The ability to offer new options of support to employees, family and friends
- Receive public recognition of all contributions

If you have a sense that you or your organization should support people in their Mental Health journey and you would like to partner with us, please connect with us.

We have developed specific partnership packages that will fit your level of commitment. We look forward to partnering with you!



We do business because people matter



Sonia McDonald CYW, CYC cert.

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Support Partner



Empowerment Partner



Mental Health Advocate



Coaching Partner



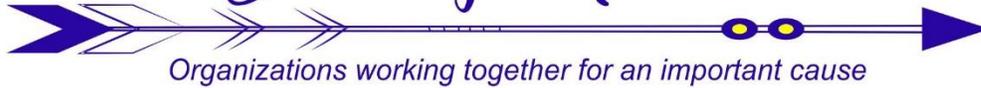
Community Impact Partner



Championship Rounds

Support Local - Think Global

Becoming a Partner



Organizations working together for an important cause

Community
Support Partner



Partnership advertised in print and web media
Signage on the wall of partners
Recognition in gym area

\$50 to \$499

Empowerment
Partner



Partnership advertised in print and web media
Signage on the wall of partners
Recognition in gym area
2 Edify workshop spaces (transferrable)
Partnership rates for standardized certification trainings (ASIST, safeTALK, ASK)

\$500 to \$999

Mental Health
Advocate



Partnership advertised in print and web media
Signage on the wall of partners and special naming
Recognition in gym area
4 Edify workshop spaces (transferrable)
Partnership rates for standardized certification trainings (ASIST, safeTALK, ASK)
Partnership rates for the Physical Focus Program
Access to staff/family Youth Counselling

\$1,000 or \$1,999

Coaching
Partner



Partnership advertised in print and web media
Signage on the wall of partners and special naming
Recognition in gym area
6 Edify workshop spaces (transferrable)
Partnership rates for standardized certification trainings (ASIST, safeTALK, ASK)
Partnership rates for the Physical Focus Program
Access to staff/family Youth Counselling
4 1/2 hour trial boxing sessions (transferrable)

\$2,000 to \$4,999

Community
Impact Partner



Partnership advertised in print and web media
Signage on the wall of partners and special naming
Recognition in gym area
12 Edify workshop spaces (transferrable)
Partnership rates for standardized certification trainings (ASIST, safeTALK, ASK)
Partnership rates for the Physical Focus Program
Access to staff/family Youth Counselling
10 boxing sessions (transferrable), free gloves and wraps

\$5,000 to \$9,999

Championship
Rounds



Partnership advertised in print and web media, Social Media campaign for 1 year
Signage on the wall of partners and room naming
Recognition in gym area
12 Edify workshop spaces (transferrable)
Partnership rates for standardized certification trainings (ASIST, safeTALK, ASK)
Workshop designed and delivered to your staff team
Partnership rates for the Physical Focus Program
Access to staff/family Youth Counselling
Boxing bootcamp as a staff retreat, your logo on gloves

\$10,000