Canadian Mental Health

Sarnia-Lambton Rebound

SMA Fundraising dinner

 May 13, 2013

Sarnia Muslim Association marked the 10th anniversary **of**the Fundraising dinners at their London Road location.   It was **a success.** All tickets from both sittings were sold out as well as the take out dinners.   Over 400 guests attended the **well organized event.  The food was excellent and the service was great.   The people working at the take-out and in the parking lot did a wonderful job. The participation of our young people was excellent.**

This year, the dinner benefit**s** two organizations, Canadian Mental Health and Sarnia-Lambton Rebound.

The Canadian Mental Health **is concerned with**identifying early warning signs of developing psychoses.   Patients get an assessment and initiate treatment to reduce the impact of the **symptoms.**  Early counseling programs are offered **and integrated**into school, work, social activities, family engagement and intervention, **and**community awareness.

 Sarnia-Lambton Rebound ‘Thrive’ created a group to **help youth attain** the required non-cognitive skills to cope with **such**issues as disappointment, rejection, boredom, and to increase **abilities in**persistence, self-determination and mindfulness. Youth ages 12-14 leave the ten week Thrive Program more confident and assured **of**their value to friends, family and community.  **The program is designed to include**all young people in Sarnia**,**regardless of background, status, **race,**andreligion.

 Our next Fundraising dinner will be sometime in November 2013. It will **benefit an** international cause. Stay tune**d** for more information about the next Fundraising dinner **-**where food **and**hospitality are our specialty.