



**Canadian Mental  
Health Association**  
York and South Simcoe  
*Mental health for all*

## Call for Volunteers to Join our Board of Directors

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We are seeking the involvement of leaders within our community to support and advance CMHA's ability to provide care within York and South Simcoe.

### Who Are We?

The Canadian Mental Health Association (CMHA), York Region Branch is dedicated to our vision of *"mentally healthy people in a healthy society."* We facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

### The Ideal Candidate

For our Board of Directors, we are seeking individuals who:

- are passionate about contributing to CMHA's vision of *"mentally healthy people in a healthy society;"*
- have a familiarity with principles relating to not-for-profit governance, strategic planning and accreditation;
- have an understanding of safety and quality care management from a health care, employee and/or community perspective;
- are prepared to participate in the identification and recruitment of new Directors, Committee members and prospective donors/sponsors to increase community engagement;
- are able to commit to participating in approximately 9 meetings (typically 3 hours in length) each year.

All applications are welcome, but we currently have a particular need for expertise in the following areas:

- law;
- accounting/finance;
- health care;
- community development; and
- youth mental health services.

### Make a Difference! Get Involved!

If you are interested in joining our team of volunteer leaders, please contact our CEO, Rebecca Shields, at [rshields@cmha-yr.on.ca](mailto:rshields@cmha-yr.on.ca). We look forward to speaking with you about this opportunity. ***Your input truly can make a difference.***

***For more information about CMHA, York & South Simcoe, visit our website at: [www.cmha-yr.on.ca](http://www.cmha-yr.on.ca).***