

# Enabling Minds



CMHA Ontario presents A FREE PUBLIC FORUM

## **#A Better Serve:** *Enabling Mental Health Accessibility in Ontario's Physical Activity Field* **December 3, 2015, 7:00-9:00 pm**

(International Day of Persons with Disabilities)  
Nancy's Auditorium, YWCA Elm Centre, 87 Elm Street, Toronto  
Speakers' Panel, Networking, Light Refreshments  
Free, space limited. Pre-register online at [enablingminds.ca](http://enablingminds.ca)



Enabling Minds provides free online customer service training resources for physical activity organizations across the province to help remove barriers to access and participation for people with lived experience of mental health-related disabilities, and to promote mental wellness for all.

Enabling Minds is a project of CMHA Ontario in partnership with YMCA Ontario and Parks and Recreation Ontario, funded by the Accessibility Directorate of Ontario's EnAbling Change program.

For more information about Enabling Minds, please visit [enablingminds.ca](http://enablingminds.ca)

Please join us for a panel of engaging brief talks and discussion to celebrate the launch of Enabling Minds, our new mental health accessibility website. Get a sneak preview of our January 2016 cross-sector social media campaign for #abetterserve.

Speakers will share perspectives and strategies to make Ontario's physical activity field more inclusive and accessible to people with mental health disabilities.

Learn how your organization can get involved to improve customer service and promote positive mental health for all.

The Elm Centre is wheelchair accessible.

HOST:

**Allison Vuchnich**  
Network Correspondent, Global News

SPEAKERS:

**Joel Dembe**  
Doubles Tennis 2015 Parapan Am Bronze Medalist, Ontario Wheelchair Sports Association Ambassador

**Scott Mitchell**  
CMHA Ontario

**Alfred Spencer**  
Accessibility Directorate of Ontario

**Larry Ketcheson**  
Parks and Recreation Ontario

**Kim Charteris**  
YMCA Ontario

**Kaola Alison Baird**  
Peer Support Facilitator

**Ann Marie Mac Donald**  
Mood Disorders Association of Ontario

**Charles Silverman**  
Ryerson University Disability Studies

**Liviya Mendelsohn**  
Miles Nadal JCC