

# camh Connections



## Reflecting on moments that bring us together

Happy New Year (hopefully it's not too late to say that)! As we prepare for a new year of community events and initiatives, we're reflecting on the moments from last year when we came together. From celebrating local artists and shopping for organic produce to enjoying live music, these gatherings keep us connected, foster inclusivity and belonging, and help reduce the stigma around mental health. On behalf of our team, thank you for welcoming us into your community and for supporting this important work.

**Cue the highlight reel!** We've put together a montage of highlights from last year's events—moments we hope are as memorable for you as they are for us. *(And if you missed any, don't worry, we'll be back at it soon.)*



### FESTIVAL OF LIGHTS

We kicked off the holiday season together at the **Festival of Lights**. We celebrated many traditions—Christmas, Diwali, Hanukkah, and Kwanzaa—with an evening filled with live music, community performances, and festive treats. The evening ended with a magical tree-lighting that lit up TD Commons in bright purple! *(This event was possible thanks to CAMH's **Gifts of Light**, a donor-funded program that supports patient wellness needs beyond clinical care.)*

(Cont'd)



## Creative on Queen

Last year marked 23 years of **Creative on Queen**—our annual art fair and community engagement event, part of the Queen West Art Crawl. The showcase included more than 40 talented artists and artisans with lived experience of mental health and addictions, and included participants from CAMH, Workman Arts, Sistering Inspiration Studios, and Indigenous agencies.

Visitors enjoyed live music, a BBQ by Out of This World Café, and the chance to take home unique art, pottery, jewelry, and more. All while supporting our community's creativity and local talent.



Learn more at [camh.ca/SunshineGarden](https://camh.ca/SunshineGarden).

## Sunshine Garden

At the **Sunshine Garden**, we came together around sustainability and care. The garden offers low-barrier community access to organic fruits, vegetables, herbs, and flowers, while also providing opportunities for patients to engage in horticultural therapy and learn about food production and urban biodiversity.



Source: Toronto Flower Market

## Toronto Flower Market

We were proud to celebrate our talented growers and florists at the **Toronto Flower Market**, supporting Ontario-grown flowers and plants and highlighting the importance of local, sustainable agriculture.



## Pow Wow

In the fall, we gathered together at Shkaabe Makwa's **Pow Wow**. It was an afternoon full of live music, dancing, conversations with Indigenous artisans, and opportunities to learn about Indigenous cultures and traditions.

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Thank you for being a part of our community, and we appreciate being a part of yours! We look forward to creating more meaningful moments together in the year ahead.

# Suits Me Fine: Building confidence through style

Located at our Queen Street site, **Suits Me Fine** is a free clothing boutique for CAMH patients, made possible through generous donations from community members, staff, and local businesses. The store offers a wide range of wardrobe choices, from essentials such as socks and undergarments to casual wear and formal attire including suits, dresses and accessories.

Each winter, Suits Me Fine hosts a fashion show led by fashion icon Jeanne Beker. This past November's show welcomed 30 CAMH patients, eager to show off their favourite pieces from the boutique. Models chose their own outfits and had the option to have their makeup done for the occasion. Hosted in the Arrell Family Auditorium, the afternoon was filled with bright lights, warm cheers, and big smiles as patients confidently took to the runway.



It's an event that celebrates self-expression and feeling comfortable in your own skin, showing how clothing can be an outlet for creativity, confidence, and dignity. When we feel completely ourselves, anything becomes possible—whether walking the runway or dancing under the spotlight.

Have clothes ready for a second life? Suits Me Fine welcomes donations year-round. Visit our dedicated webpage [camh.ca/SuitsMeFine](http://camh.ca/SuitsMeFine) for clothing drop-off information or contact [suitsmefine@camh.ca](mailto:suitsmefine@camh.ca).

*"Suits Me Fine is more than just a fashion show. It makes me feel confident and helps me express myself. Walking with other patients reminds me that I'm not alone on this journey."*

— Linda, Suits Me Fine model



## Untucked Golf Tournament raises over \$400,000 for CAMH



The inaugural Untucked Golf Tournament in support of CAMH teed off in September at Eagles Nest Golf Club. Perfect weather welcomed celebrity guests including Toronto Raptor A.J. Lawson, boxing champion Ryan Rozicki, Tyrone Edwards, and Rick Campanelli, along with performances by Canadian music legends Alan Frew (Glass Tiger), Danny Fernandes, and Snow. The energy was lively, and a dramatic helicopter ball drop added to the excitement. Thanks to the generosity of everyone involved, we **raised more than \$400,000 in support of CAMH's most urgent needs.**



# An update on our redevelopment

In 2024, we launched the final phase of CAMH's historic redevelopment at our Queen Street site. Construction is underway on two new buildings:

- The **Temerty Discovery Centre**, a state-of-the-art facility opening in 2027, will be dedicated to housing CAMH's groundbreaking research.
- The **Waverley House Secure Care & Recovery Building**, opening in 2029, will replace our current facilities for patients with complex mental illnesses who have encountered the legal system.

We have a dedicated webpage for all things redevelopment, including construction updates, community meetings, and upcoming events. Check it out at [camh.ca/redevelopment](https://camh.ca/redevelopment).

## Construction activities scheduled for the winter:

- At Temerty, crews are finalizing Level 6 and beginning work on the seventh and final level, alongside installation of the curtain wall—the building's flexible glass exterior.
- At Waverley House, construction has reached Level 5. Structural steel work will begin this year, while envelope and interior work will continue through 2026.
- Across both sites, crews will continue forming, rebar, and concrete work, subdivision utility installation, and heritage wall and shed refurbishment.
- With early spring weather, muddier conditions may occur. When temperatures fall below zero, flusher trucks cannot operate due to ice risks; cleaning schedules will be adjusted to minimize disruption.

Thank you for your patience and understanding during this transformative time. We're proud to be one year closer to creating a more integrated, welcoming Queen Street site for patients, neighbours, and the broader community.

## Woahh... We're half way there!

Just 18 months after breaking ground, we're celebrating a significant construction milestone: the **Temerty Discovery Centre is now 50% complete.**

This progress reflects the dedication of our Redevelopment team and construction partners, and the ongoing support of CAMH staff, patients, donors, and community.



**Feedback? Please email**  
[redemption.feedback@camh.ca](mailto:redemption.feedback@camh.ca).

We appreciate your understanding and patience during this exciting time of transformation at CAMH.

# Rendezvous with Madness: Where art meets mental health

Last fall, Workman Arts hosted their **33rd annual Rendezvous with Madness festival**—a Toronto-based, multidisciplinary arts and mental health showcase. It is the first and largest festival of its kind in North America, aiming to raise awareness and initiate conversations about mental health and addictions.

Under the theme *Disrupt the Focus*, the festival presented 11 feature films, two short-film programs, live performances, exhibitions, and a night market. Each screening was followed by post-film Q&As and curated panel discussions, creating welcoming spaces for dialogue, creative expression, and exchange.

To disrupt the focus is to question the systems that define and constrain what it means to *live with madness*—to shift from narratives written about people to stories told by them.



Source: Workman Arts

This year's art exhibition, *Lingering Echoes*, featured sound-centered works by Aliyah Aziz, Ghislan Sutherland-Timm, Middle, Tanya Louise Workman, and Winta Hagos. The exhibition explored themes of resistance, collectivity, embodiment, silence, and resilience, inviting reflection on where the individual ends and the collective begins, and on the porous nature of space and time.



Middle. *Back A Yaad*, 2025.

## Help us change mental health care forever

Your unwavering support is driving meaningful change and building better mental health care for everyone. But we still have a long way to go. In these cold winter months, your support brings warmth and hope—a reminder that we are stronger together. Your gift is more than a donation. It's a bold statement that mental health matters. Make a one-time contribution or honour someone you love with a gift in tribute to keep the momentum going!

**Discover how you can make a difference today.**



# PCL marks World Mental Health Day with **\$1.5 million donation**

On **October 11, World Mental Health Day, PCL Construction donated \$1.5 million to CAMH** to expand access to mental health support for all Canadians, including those in the construction industry.

“We’re proud to partner with CAMH and be part of the movement forging a better path for mental health and addictions support, toward a future where no one is left behind,” said Mike Wieninger, PCL Chief Operating Officer, Canada. “Our donation is more than a financial contribution; it’s a reaffirmation of our commitment to the well-being of our employees, our trade partners, and their families.”

The construction sector faces unique pressures that increase the risk of mental health challenges and addiction. Heavy workloads, demanding schedules, and work-life balance challenges contribute to elevated stress levels across the industry. According to recent data, 17.2% of men and 12.6% of women in construction report experiencing high or very high work-related stress, while nearly two-thirds of construction workers say they wish their employers would do more to support mental health initiatives.



Want to read more? Find previous editions of CAMH Connexions at [camh.ca/neighbours](https://camh.ca/neighbours).

The industry is also disproportionately affected by the opioid crisis, accounting for nearly 8% of opioid toxicity deaths.

Through this commitment, PCL will work with CAMH to deliver curated programming and expert-informed education, tools, and supports that will help employees better understand the impact of mental health on workplace safety and performance and adopt practical strategies to improve overall well-being.

“We’re deeply grateful to PCL Construction for this visionary investment in mental health,” says Anne-Marie Newton, President & CEO, CAMH Foundation. “The construction industry faces unique mental health challenges, and PCL’s leadership sets a powerful example of what it means to care for your people. Together, we’re building a future where no one is left behind.”

## Continue the conversation online

Get our latest community and redevelopment news at [camh.ca/neighbours](https://camh.ca/neighbours) and [camh.ca/redevelopment](https://camh.ca/redevelopment).

Send your feedback on redevelopment to [redvelopment.feedback@camh.ca](mailto:redvelopment.feedback@camh.ca).

To join our local community email list, contact [communityevents@camh.ca](mailto:communityevents@camh.ca).



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