

Celebrate the launch of Enabling Minds

NOVEMBER 12, 2015

CMHA Ontario is hosting a free public forum on Dec. 3 to celebrate the launch of its new mental health accessibility website.



Funded by the Ontario government, the website – enablingminds.ca – aims to provide online training resources for physical activity organizations across the province. It also seeks to help directors, managers and frontline staff offer more inclusive and accessible customer service for people with mental health disabilities.

In recognition of the International Day of Persons with Disabilities, the Dec. 3 forum will feature community speakers with lived experience and mental health accessibility advocates who will share perspectives on the key benefits of physical activity for improved mental wellness, particularly for people at risk of, living with and in recovery from mental health-related disabilities. Presenters from provincial physical activity organizations will share proactive examples of how they are building a supportive environment that promotes positive mental health for everyone.

Celebrate the launch of enablingminds.ca with refreshments, networking and a lively bout of badminton from 7 to 9 p.m. Plus, get a sneak preview of our January 2016 social media campaign for #abetterserve. Learn how you can get involved to help us promote positive mental health and make Ontario's physical activity field more accessible to people with mental health disabilities.

This is a free event but space is limited. [Pre-register online.](#)

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 the [website](#).

Mental Health Notes, November 12, 2015

<http://ontario.cmha.ca/news/celebrate-the-launch-of-enabling-minds/>