



Mental Wellness Presentation

DATE: Monday, October 22, 2018

PLACE: Wingham Town Hall Heritage Theatre,
274 Josephine Street, Wingham, ON

TIME: 7:00 P.M.

GUEST SPEAKERS: Kendra Fisher, W.O.A.A. Alumnus
Hometown -Kincardine, ON

AND

Yolanda Cameron,
Co-Founder and Past Chair -WES For Youth Online
Walkerton, ON

The Western Ontario Athletic Association is pleased to offer this Mental Wellness Presentation. The event is being planned as a Legacy to our 75th Anniversary celebration which was held last summer. The W.O.A.A. has decided to donate some of the proceeds from our 75th Diamond Jubilee Celebration back towards this important issue. All complimentary tickets must be pre-ordered. For your free ticket, please contact the W.O.A.A. Office 519-357-3512 woaa@hurontel.on.ca or drop into 49 Alfred Street West, Wingham, Ontario to pick up.

This issue has been in the forefront lately and one way or another has affected many of us in a very personal way. We hope this presentation will offer guidance and understanding for you, your family and your local community; as the W.O.A.A. continues "Working With Our Future."

KENDRA FISHER



YOLANDA CAMERON



Kendra Fisher grew up in Kincardine, Ontario and was recognized as one of the many W.O.A.A. Sports Alumni during the W.O.A.A. 75th Anniversary celebration in 2017. With the support of her family and town behind her, Kendra quickly achieved great success in her hockey career. Years ago, when faced with the opportunity to realize her dream of goaltending for Team Canada, Kendra was diagnosed with a Severe Anxiety Disorder coupled with Severe Panic Attacks, Depression and Agoraphobia; forcing her to leave the National Program in order to seek help to learn how to live with what had become a crippling disease. Kendra now shares her personal journey and has joined efforts to bring Mental Health issues to the forefront. It is her hope that her story will offer both hope and promise to others dealing with Mental Illness.

Yolanda Cameron is the Co-Founder and Past Chair of WES For Youth Online. After the death of their son Wes, at age 16 by suicide in September 2011, the Cameron family created an online counselling service for youth in Grey Bruce and surrounding area. "Our mission is to provide mental and emotional support for youth through online counselling in a safe, secure and confidential manner. Our message is that youth may talk about anything, anytime, anywhere. Our service has expanded significantly since our inception in 2012. Our goal is to increase accessibility of our service across the province concentrating on rural and remote areas."

