



Media Release

Beaverton, Ontario

October 1, 2013

As a key event during the celebration of Community Health and Wellbeing Week, Brock Community Health Centre (Brock CHC), together with Durham North Zone Partnership (Community Care Durham, VON for Canada, The Regional Municipality of Durham and Brock CHC) is pleased to present "Healthy Rural Communities: Join the Dialogue on Mental Health and Addictions" on Friday, October 4th, 2013 in Cannington. The conference will be held at the Cannington Baptist Church, 60 Cameron St. W. Cannington from 9:00 a.m. to 12:30 p.m.

The conference will bring together the public, service providers, experts and others for a community conversation on how rural communities such as north Durham Region can best support individuals and families who are experiencing mental health and/or addiction issues. The featured guest speaker is Ron Shore who will present "Stigma, Mental Health and Addictions in Rural Communities". This will be followed by: a panel discussion focusing on "Doing What Works"; a consumer's personal perspective; and a presentation on experiences and strategies to deal with addiction challenges in the Lakefield/Peterborough area. A barbeque lunch and Brock CHC program demonstrations will follow at the future Brock CHC site at 39 Cameron St. W. in Cannington.

In preparation for the event, Brock CHC's Board of Directors Chair, Shirley Wheatley, stated: "We are excited about this conference. We encourage and welcome a public discussion on mental health and addiction challenges in rural communities. We invite ideas, solutions, suggestions, innovation".

Brock CHC's Executive Director, Ron Ballantyne, in commenting on the conference emphasized the importance of linking the focus of the conference to a broader recognition of community health and wellbeing. He said: "We believe in the importance of healthy rural communities, community vitality and a strong sense of belonging. Our dialogue about mental health and addictions is one step toward supporting individuals, families and our community and addressing the social determinants of health."

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Shift the conversation

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