



CATHOLIC HEALTH ASSOCIATION OF MANITOBA  
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ  
МАНІТОБСЬКА КАТОЛИЦЬКА АСОЦІАЦІЯ ЗДОРОВ'Я

## MISSION: ASSISTANCE IN LIVING

### Creating a Just and Caring Society

Over the past several years, some momentous developments have altered the landscape of our society and raised important questions and concerns about our efforts as Canadians to foster a just and caring society where all Canadians are supported to live with dignity, hope and belonging.

Since 2016, Canada's continued actions to expand access to Medical Assistance in Dying have challenged us to examine what we value as individuals and society. COVID-19 and the economic and societal after-shocks of the pandemic have brought new insights and urgency to these questions.

As the country contemplates the expansion of MAiD for reasons of mental illness, we are at a crucial point with immense social consequences.

The Catholic Health Association of Manitoba (CHAM) believes there is a critical need for individuals and organizations to re-ignite a life-affirming approach to the care and wellbeing of all Canadians based in shared values of the dignity of the human person.

There is a vital need for collective, intentional vision and action aimed at supporting the person in all dimensions—physical, social, psychological, emotional, spiritual—as a form of social justice.

We have called this approach **Mission: Assistance in Living (MAiL).**

### Canada at a crossroads

The COVID-19 pandemic shook our nation to the core, revealing the existence of systemic ageism and ableism within Canada, as well as a systemic fragility in being able to protect and defend the basic human rights of older Canadians.

Our pandemic recovery has spurred us on to address these systemic issues. However, the unintended health and social impacts of COVID-19 will be felt for a long time and will continue to strain our resources as a society.

Research indicates that mental health declines experienced over the pandemic have not recovered to pre-pandemic levels and continues to be exacerbated by the economic downturn with rising rates of anxiety, depression, mood disorders and suicidal ideation. ([Canadian Mental Health Association, March 2023](#)).

At the same time, Canadians are living longer. There are a growing number of older Canadians living with life-limiting illness and complex medical and mental health conditions—often with increased risk and vulnerability due to social isolation and lack of access to community supports.

September 2023

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### Medical Assistance in Dying

The 2016 Supreme Court Challenge and the subsequent change to the Criminal Code paved the way to permit medical assistance in dying in Canada under defined conditions. The eligibility requirements for MAiD were amended to include those whose death is *not* foreseeable in 2021.

Along the way, the legal construction and moral understanding of what MAiD actually is and what it means to Canadian society has become more complex. Across the country individuals and organizations of all viewpoints are wrestling with how MAiD aligns with deeply held concepts and principles of autonomy, self-determination, equality and suffering.

As MAiD becomes more intertwined with our care systems, these complex questions have a profound emotional and psychological impact on families, caregivers and care communities.

Experts have raised concerns about the lack of safeguards, data collection, and oversight—as well as measured public conversation and engagement, as the number of MAiD deaths in Canada continues to rise, surpassing the rates in other jurisdictions with established practice.

**A critical juncture lies ahead in March 2024, when the current exclusion of MAiD for mental illness is set to expire.**

*continued page 2...*

## Mission: Assistance in Living

Canadians still do not have universal access to mental health or to quality palliative care—or to the many other programs and supports which they are entitled to under human rights law. This includes social and economic rights to adequate standard of living, housing, healthcare and accessible services.

When MAiD becomes the default solution for human suffering rooted or exacerbated by social circumstance and access to services, we have failed as a society. Along with many voices across Canada, CHAM calls for comprehensive approaches to addressing suffering, rather than providing MAiD as the path of least resistance or as a form of harm reduction.

MAiL draws on the core values that CHAM holds as a Catholic organization with a long legacy of compassionate concern and respect for all persons and shares with many others who have a passion for social justice.

As MAiD continues to draw the spotlight in Canada, timely access to palliative care continues to be an urgent public health concern and public alarm over societal shortcomings and unjust social circumstances go unaddressed.

Those suffering and struggling to live in our country deserve our full attention. Whatever our beliefs or viewpoints, *this* is the conversation we must have as Canadians.

## The Way Forward

CHAM joins with many across Canada to call to support persons—body, mind and spirit—to live with dignity, to flourish, and fully participate in society on an equal basis with others.

To advance a MAiL approach, CHAM supports

- Maintaining a distinct line between MAiD and palliative care
- Establishing a culture that sustains and promotes a person's intrinsic dignity, sense of worth and moral agency, security and equitable access to supports – regardless of cultural, political or faith background;
- Providing the best and highest quality of care and support throughout life
- Stressing the need for federal and provincial governments to create legislation and policies in light of social, economic and cultural rights with funding and resources to
- Establish universal palliative care
- Support all individuals experiencing mental health challenges, homelessness, poverty and substance abuse and to build on individual recovery in the community so that MAiD is never the default option
- Enable people to age in place
- Focussing on outreach, investing and developing responses to address loneliness and isolation
- Helping to develop, support and advocate for a public policy framework that affirms and supports MAiL

## MAiL Values

These principles ground us and drive us forward:

- The absolute value and dignity of every human life
- Loving-kindness and a desire for each person's good
- Recognition and respect for the legitimate rights of individuals and peoples
- Responsibility for each other and to work for the good of all
- Commitment to accept, support and sustain the whole person at all times.

A call to community, belonging

## Let's Connect

If you are interested in exploring the idea of MAiL or learning more about our reflection on the issues covered here, we would love to connect.

Please contact: Julie Turenne-Maynard at 204-202-7544 or [admin@cham.mb.ca](mailto:admin@cham.mb.ca)

**Together, we CAN  
make a difference**

## Catholic Health Association of Manitoba (CHAM)

We are a voluntary, provincial association dedicated to our healing ministry and mission of compassionate concern and respect for all persons through education, health care, ethics, spiritual care, social justice. Our members span the continuum of social services, long term and continuing care, acute care, and seniors' services across Manitoba. These organizations do not provide MAiD. They work with a wide range of partners to serve Manitobans, often at the most vulnerable times of their lives.

# You're Invited to a Screening of the New Documentary

## Hope in Aging and Dementia



Sponsored by:



CATHOLIC HEALTH ASSOCIATION OF MANITOBA  
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ  
МАНІТОВСЬКА КАТОЛИЦЬКА АСОЦІАЦІЯ ЗДОРОВ'Я

**September 26, 2023 at 6:30 PM**  
**Villa Aulneau – 601 Aulneau Street**  
**Limited seating**

RSVP at: <https://www.eventcreate.com/e/film-dementia>  
or Julie Turenne-Maynard at 204-202-7544

About the film: Keys Bags Names Words is a quirky and inspiring lens portraying stories of both the personal and global impacts of Alzheimer's disease and other forms of dementia, while following a cohort of young scientists and artists from around the world as they harness every aspect of creativity, humour, and compassion to lead the way towards hope and resilience.

Learn more: [www.keysbagsnameswords.com](http://www.keysbagsnameswords.com)



## 2 HOUR WEEKLY MODULES

Understanding the Aging Journey

Spirituality in Aging

Good Communication

The Power of Storytelling

Dementia

A New Home, A New Way of Life

Loss, Grief, Death & Dying

Roles, Boundaries and Self-Care

### START DATES

Oct 3- Virtual

Oct 4 - In person

155 Despins, Wpg

PUBLIC: \$50

CHAM & IHCAM Members:

\$25 Includes workbook

ON-LINE REGISTRATION:

[https://www.eventcreate.com/e/  
spiritualcareseriesoct2023](https://www.eventcreate.com/e/spiritualcareseriesoct2023)

CONTACT:

Julie Turenne-Maynard

204-202-7544

jtmaynard@cham.mb.ca

## AN 8-WEEK TRAINING PROGRAM

Designed to help develop a deeper understanding of how to accompany older adults in every aspect of their journey, whether they are living at home or are in Long-Term Care.

## WHO SHOULD PARTICIPATE

This training is beneficial for family members, staff of Seniors Care facilities, Spiritual Care volunteers, Church leaders, and others who desire to serve and care for older people.

*Medical science has brought about countless breakthroughs in the way we care for older people. But it has also led to a realization that physical and mental health are essential – but not enough. True, holistic care means understanding and supplying their spiritual needs as well.*

*join the journey*

# BODY MIND SPIRIT



Interfaith Health Care  
Association of Manitoba  
Association interconfessionnelle  
en soins de la santé  
du Manitoba



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# NATIONAL DAY FOR TRUTH AND RECONCILIATION

## September 30th, 2023

CHAM continues its commitment to Truth and Reconciliation. We recognize that the trauma faced by Indigenous Peoples in Canada are rooted in colonial and racist attitudes which led to the creation of laws and systems designed to dispossess Indigenous Peoples from their land, water, family, culture, language, spirituality, and identity.

We acknowledge we were not always a strong ally to the Original Peoples of this land. Despite our belief in offering Christ's compassionate love to all who need support, healing and recovery, there have been occasions where we failed to come alongside Indigenous Peoples as the Christian faith would instruct us. We acknowledge we did not appreciate the seriousness of the issues and tensions perceived between our commitment to our Christian identity and our commitment to serve all members in our community, in particular those who are Indigenous. It is for this reason that CHAM has since 2018 been making an effort to undergo a process of seeking Indigenous perspectives in order to learn and walk through truth that was both painful and challenging and to organize events and promote educational opportunities to all who want to learn about the truth. We are deeply grateful to those who shared and continue to share their wisdom and guidance about what was and should become.

We invite you to continue your journey of truth and reconciliation by participating in events throughout the province. Learning and commemorating the truth of our history from First Nations, and Inuit and Métis knowledge keepers is an important part of the path to reconciliation. Below are some virtual activities that are available.



National Centre for  
Truth and Reconciliation

UNIVERSITY OF MANITOBA

The National Centre for Truth & Reconciliation is offering a series of **FREE virtual lunch and learn sessions** throughout Truth and Reconciliation Week 2023 to facilitate learning for Canadians on topics related to Truth and Reconciliation.

**Each session will begin at the same time each day:**

**12:30PM to 1:20PM (Winnipeg)**

Register Now! [https://](https://trweeklunchandlearns.eventbrite.ca)

[trweeklunchandlearns.eventbrite.ca](https://trweeklunchandlearns.eventbrite.ca)

These daily lunch sessions (50min) will feature a range of speakers and will provide audience members with the opportunity to ask questions and engage in further conversations.

- Sep 25: Indigenous peoples and the History of Residential Schools
- Sep 26: Unconscious bias and debunking stereotypes
- Sep 27: Intergenerational impacts and ongoing systemic discrimination
- Sep 28: Indigenous peoples' rights and the UN Declaration on the Rights of Indigenous Peoples
- Sep 29: Taking action toward Reconciliation

A live national broadcast that will commemorate National Day for Truth and Reconciliation and Orange Shirt Day on Parliament Hill in Ottawa on September 30, 2023. *In Winnipeg, we hope you will join us at [Wa-Say Healing Centre's 3rd annual Survivor's Walk and Pow Wow](#) at the Canada Life Centre.*

### "Listening to Indigenous Voices" Program offered in French - October 5 to November 23, 2023

**Location :** Saints-Martyrs-Canadiens Parish Hall  
289 Dussault Avenue in Winnipeg

**Facilitator:** Thomas Novak, omi, with the help of Daniel Bahuaud, from the Diocesan Education Committee for Reconciliation.

**Time :** Weekly from 7:00 PM to 9:00 PM

The Archdiocese of Saint-Boniface invites you to explore Indigenous worldviews and the history of colonization, as well as increase your awareness of ways to live reconciliation, through "Listening to Indigenous Voices" conceived by the Jesuit Forum for Social Faith and Justice.

Come, listen, learn, journey and pray together. All are welcome. The course is free, although free-will offerings will be accepted. For more information or to register, please contact Daniel Bahuaud at 204-594-0277 or [communications@archsaintboniface.ca](mailto:communications@archsaintboniface.ca)



### The Doctrine of Discovery: A Discussion

Join us as we explore the doctrine of discovery, and the impact it has had on Indigenous people on Turtle Island.

**Wednesday, September 27, 2023**

3:00pm to 4:30pm

*Free to attend*

**In-person | 101-156 Marion Street**

### Short Course: Mindful Self-Compassion

An invitation to be kinder to yourself, to handle difficult emotions more easily, to motivate yourself with encouragement rather than criticism and to begin to transform relationships. This online course is an invitation to begin the cultivation of the skills of self-compassion.

**Wednesdays from November 1 to December 6, 2023**

1:00pm to 2:30pm CST

Online | via Zoom

*Registration is available on a sliding scale*

### Mindful Self Compassion—Sep 19-Nov 17, 2023

An invitation to be kinder to yourself, handle difficult emotions more easily, motivate yourself with encouragement rather than criticism and begin to transform relationships. This in-depth learning includes a ½ day retreat.

**Mindfulness-Based Stress Reduction** This session will be offered in French, to begin in January (dates TBD). It teaches mindfulness practice as a way of reducing stress and developing greater balance, control, and fuller participation in your life. It is suitable for participants at all levels of the organization.

### Weekly meditation circle—Tuesdays

**12:05 pm to 12:25 pm**

**Hosted over Zoom**

**Free and No registration required, simply join us by clicking [HERE](#).**

Speakers' topics will vary and address current topics relevant to the Réseau Compassion Network. Dates may be adjusted based on availability. All are welcome to attend, some sessions will have a cost associated with attendance. Location may vary. Coffee and light refreshments will be available.

- **October 6th: Laurie Thomas - Care for the Earth**
- **November 3rd: Danie Botha - Burnout & Self Care**

### Heart of Leadership Retreat

An invitation to spend 4 days together as a community at beautiful Hecla Resort (Nov 4-8). This session is the precious gift of time to breathe, think, and tap into your inner wisdom. We encourage all senior leaders to participate at least once in this opportunity and consider sending those who will benefit from your leadership team. The cost is still to be determined. Contributions from participants appreciated. We will open spaces to the broader community after September 17.

### Day of Centreing Retreat

**Saturday, December 16, 2023**

**8:30am to Noon**

***FREE to attend***

Tend to your heart, mind and body in a relaxed and supportive morning of meditation practices. No experience required, we will lead a variety of exercises and guided meditations that include people at all levels of practice. The morning is designed to provide time to be present, release expectations and nurture our capacity to respond in all areas of our lives. Join us, as a gift to yourself. In-person | 101-156 Marion Street (Réseau Compassion Network Offices)

**FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THESE OFFERINGS, CLICK HERE: [Training offered by Réseau Compassion Network | Réseau Compassion Network \(reseaucompassionnetwork.ca\)](#)**

### Community of Compassion

**3<sup>rd</sup> Thursday of every month from 3:00 PM to 4:30 PM**

An invitation to explore topics of interest with members of our community who are working to address matters of social justice and unmet needs. These sessions are open to all who would like to participate, and we encourage allies within the broader community to join us. It may be of most interest to those who would like to join forces in identifying ways to share resources, inspiration and ideas who work within Health and Social Services or Social Justice in Manitoba.

The Health Care Ethics Service is pleased to offer monthly hour-long virtual ethics education sessions for health care providers. The topics, times and dates are listed below and will be presented by Katarina Lee-Ameduri, Clinical Ethicist, St. Boniface Hospital, Director of Ethics, Réseau Compassion Network and Assistant Professor, Department of Family Medicine, University of Manitoba.

**Registration is free.** Please email Lydia Shawarsky at [lshawarsky@sbgh.mb.ca](mailto:lshawarsky@sbgh.mb.ca) to register and receive Zoom information details.

Session	Topic	Time	Date
1	Ethics of Relationships in Long Term Care: Case Analysis	1200-1300	October 05, 2023
2	Therapeutic Relationships	1200-1300	October 19, 2023
3	Reproductive Ethics	1200-1300	November 02, 2023
4	Integrating Ethics into Everyday Practice	1200-1300	November 30, 2023
5	Unsafe Behaviours at Home: Community Ethics Case Analysis	1200-1300	December 07, 2023
6	Ethics & Pandemics	1200-1300	December 21, 2023
7	Advance Care Planning ( <b>new</b> )	1200-1300	January 11, 2024
8	Moral Distress	1200-1300	January 18, 2024



Share your ideas and comments on Safe Long-Term Care until September 21<sup>st</sup>!

To help ensure long-term care residents get the care they deserve, the government of Canada is interested in hearing from the Canadian population.

While most people want to age closer to home and loved ones, they also expect long-term care services—if they are needed—to be safe. Who is the focus of this consultation:

- Seniors
- Persons with disabilities.
- Caregivers (family/friends)
- Health, social and community care and service providers or volunteers
- Groups working with or representing older adults, persons with disabilities, 2SLGBTQI+ communities, newcomers, cultural communities, official language minority communities, Indigenous communities, etc.
- Researchers and academics
- All other interested Canadians and organizations

**The online questionnaire will be open until September 21, 2023.** The link to the questionnaire is available here: [Consultation on Safe Long-Term Care - Canada.ca](https://www.canada.ca/en/health-canada/services/consultation/safe-long-term-care-act-consultation.html). You can also share your ideas and comments by email or by regular mail.



## 11<sup>TH</sup> ANNUAL MENTAL HEALTH & WELLNESS EXPO

- ✓ Listen to various speakers
- ✓ Connect with community resources
- ✓ Enter to win prizes!

Save the date for this free event in support of  
mental illness awareness week!

**THURSDAY  
OCTOBER 5<sup>TH</sup>**

Norwood Hotel  
112 Marion St  
10:00AM-3:00PM

There will be speakers on the top of every hour. Below you can check out their topics and biographies.

Together we hope to educate and bring awareness to individuals searching for a better understanding of the mental health services that our community provides. Whether they are seeking support for counselling, employment, housing, poverty reduction or addictions, attendees can learn how to navigate through the mental health system and start their "Recovery".

For more information, to register or sponsor, click here: <https://sarariel.ca/miad-2023/>



**Saturday, September 23<sup>rd</sup>  
10 AM - 2 PM**

**St.Amant at 440 River Road**

**No admission fee (fully inclusive & accessible)**

All people supported by St.Amant with their families and friends, staff, volunteers and all of Winnipeg community are invited to join and celebrate inclusion!

### Festival components

#### Community Festival

##### 50/50 Raffle

Tickets are selling for 1 for \$10, 4 for \$20, 20 for \$50 and 100 for \$100. There will be 3 cash draws for \$250, \$500 and 50% of all tickets sold with draws to be held at the Festival

[Free the Spirit Festival 50/50 Raffle](#) | [Free the Spirit Festival](#)

##### 2k walk or 5k or 10k run

[Register](#) | [Free the Spirit Festival](#) to sign up for the walk or run and start collecting pledges online as of today!

#### Farmers' & Artisans' Market







## The Canadian Multifaith Federation (CMF)

### Spiritual & Religious Care Awareness Week (SRCAW)

October 22- 28, 2023

### What is a Spiritual Care Professional?



## WHAT IS A SPIRITUAL CARE PROFESSIONAL?

As a profession it involves paying attention to the values and beliefs of people for which they provide Spiritual and Religious Care (SRC). It requires adequate and appropriate knowledge, training, skills and sensitivity to deliver the right type of personalized care, in the expected way, and at the right time.

As a professional caregiver, their role includes presence, listening, screening, assessing, caring, healing, nurturing, guiding, sustaining and reconciling.

They serve in many sectors that include hospital, long-term care, hospice, jail, military, navy, air force, business, police, fire, university, college, school, sports, Olympic games, parliament, community, veterinary (animal care), Chaplain of His Holiness (The Vatican), or private chapel. In each of these contexts, based on the needs of the respective institution, they have a different role.



SPIRITUAL & RELIGIOUS  
CARE AWARENESS WEEK  
**OCTOBER 22-28, 2023**

Share your experiences;  
Join hands in our essential  
work of chaplaincy

For organizing events in your community/institution please contact us:

Canadian Multifaith Federation | 207 - 3570 Victoria Park Avenue, Toronto, Ontario M2H 3S2  
Tel: 416-422-1490 | Email: [cmfsrc@cmfsrc.ca](mailto:cmfsrc@cmfsrc.ca)

[www.cmfsrc.ca](http://www.cmfsrc.ca)

WE HAVE  
MOVED

Please update your records for our new coordinates.

All correspondence for CHAM will now be redirected to:

P.O. Box 47056  
Winnipeg RPO  
Marion, Mb R2H 3G9

NEW phone number:  
204-202-3866  
ext: 1001

Executive Director  
direct line:  
204-202-7544

NEW Efax number:  
204-202-7590

NEW TollFree  
Number:  
877-317-2730

Email:  
[admin@cham.mb.ca](mailto:admin@cham.mb.ca)

The Executive Director is working out of a home-based office and has access to meeting rooms at the Archdiocese of St. Boniface administration offices as well as at the new location of Réseau Compassion Network on Marion Street.

# THE POSITIVE EFFECTS OF spirituality & religion ON MENTAL HEALTH

A HALF-DAY  
WORKSHOP  
8:30 AM – NOON  
NOVEMBER 6TH  
MONDAY

In the past, spirituality and religion were seen to be detrimental to one's mental health. Research over the past several decades, demonstrates that with suitable assessment and intervention, spirituality and religion can have positive effects on one's mental health.

This workshop will outline some of the mental health benefits of spiritual wellbeing through the lens of practitioners, lived experience and religious leaders.

## **PANEL DISCUSSION**

Mental health and importance of spirituality within the framework of services and support

Tara Snider | Dr. Randy Goossen  
Dr. Chris Summerville | Lynn Granke

## **TESTIMONIAL ON LIVED EXPERIENCE**

Hermann Dueck

## **PANEL DISCUSSION**

Mental Health from a faith perspective

Reverend Michael Thibert | Rabbi Kliel Rose  
Dr. Natashi Ali

## **TABLE DISCUSSIONS AND WRAP UP**

Registration fee \$15.00 | Sara Riel Inc. 66 Moore Street, Winnipeg

Register on-line: <https://www.eventcreate.com/e/spirituality-religion-mental-health>



MANITOBA  
MULTIFAITH  
COUNCIL



Interfaith  
Health Care  
Association  
of Manitoba



# MENTAL HEALTH grand rounds

WITH DR. HAROLD KOENIG

VIRTUAL  
VIA ZOOM

NOON – 1:15 PM  
NOVEMBER 10TH  
FRIDAY



Dr. Koenig serves as Professor of Psychiatry and Associate Professor of Medicine at Duke University Health Systems; Adjunct Professor in the Division of Psychiatry in the Department of Medicine at King Abdulaziz University in Jeddah, Saudi Arabia; Visiting Professor, Department of Psychiatry, at Shiraz University of Medical Sciences, Shiraz, Iran.

Dr. Koenig is the lead author of the Handbook of Religion and Health, 3rd edition, 2023 and frequently gives training sessions on spiritual readiness and prevention of moral injury. The focus of his grand rounds today will focus on the relationship between spirituality and mental health. In 2023, Dr. Koenig was ranked 10th in the world by Research.com in the category of Best Social Sciences and Humanities Scientists, and in the United States, was ranked 7th best.

## Overcoming Barriers to Spiritual Health

Understand the differences between the terms religion, spirituality, faith, and humanism

Be aware of the extensive research showing a connection between religion/spirituality and all aspects of health

Be aware of how to apply the findings from research to clinical practice

Have resources to learn more about the research and clinical applications, information that can be used in the future

REGISTRATION IS FREE

Register on-line: <https://www.eventcreate.com/e/grand-rounds-koenig>



**UPCOMING**

**EVENTS**



**Sep 21 InVision - Misericordia Health Centre Foundation**

Purchase tickets at: <https://www.misericordiafoundation.com/invision.html>

**Sep 23 Free the Spirit Festival at St.Amant**  
(more info in newsletter)

**Sep 30 National Day of Truth & Reconciliation**  
(more info in newsletter)

**Oct 05 Mental Health Expo by Sara Riel Inc.**  
(more info in newsletter)

**Oct 19 Catholic Health Association of Ontario Annual Conference - Catholic Identity in Partnership for System Transformation**

7:30 am to noon—**VIRTUAL FORMAT**  
Register: [CHAO 2023 Annual \(Virtual\) Conference - Catholic Healthcare: Catholic Identity in Partnership for System Transformation \(cvent.com\)](#)

**Oct 22-28 Spiritual and Religious Care Awareness Week** TOPIC: "WHAT IS A SPIRITUAL CARE PROFESSIONAL?"

**Oct 26/27 Catholic Health Association of Saskatchewan Annual Conference 2**  
*Holistic Care: Healing through Spirit, Story and Song - IN SASKATOON*  
For more information and to register: [www.chassk.ca](http://www.chassk.ca) or contact Peter Oliver at 306-955-2427 or [peter@chassk.ca](mailto:peter@chassk.ca)

**Nov. 6 Positive Impacts of Spirituality and Religion on Mental Health Workshop 9 am to noon**

Hosted by Interfaith Healthcare Association of MB & Manitoba Multifaith Council  
**IN PERSON at Sara Riel Inc.**

For more information and to register: <https://www.eventcreate.com/e/spirituality-religion-mental-health>

Contact: Julie Turenne-Maynard at 204-202-7544

**Nov.6- 10 National Allied Health Week**

This week will be devoted to highlighting the achievements and contributions of this very valuable group of healthcare professionals.

**Nov 10 Grand Rounds on Mental Health and Spirituality with Dr. Harold Koenig from Duke University Health Systems.**

For more information and to register: <https://www.eventcreate.com/e/grand-rounds-koenig>

**Nov Radiothon of Hope and Healing St. Boniface Hospital Foundation**

Radiothon of Hope and Healing 2023 - Fondation de l'Hôpital Saint-Boniface Hospital Foundation ([stbhf.ca](http://stbhf.ca))

**Nov 22 8th annual St.Amant Party: Camp for 100 St.Amant Party - St.Amant ([stamant.ca](http://stamant.ca))**

**Dec 3 Festival of Lights—Holy Family Home**

It will begin with a Divine Liturgy that will conclude with the lighting of the Festival of Lights tree.

**Dec 22 - Jan 02 CHAM office closed for the holidays**