




IN THIS ISSUE

Our theme of "Meet me where I am" embraces our outlook at Camino. Every one of us has a path that has gotten us to where we are today, right now. We are here to embrace everything that makes you who you are.

FALL 2024 

Meet Me Where I Am

Welcome to the Fall edition of The Path! As our days grow shorter and the darkness expands, it is important to keep our wellbeing and mental health top of mind.

Just as Autumn is a period of change and preparation for a time of rest and rejuvenation, let this season be one of taking stock and looking at ways to protect and prioritize our mental health.

We invite you to cozy up and read the stories we've gathered for you in this edition of our newsletter. We hope you find something that resonates, something you can carry with you as you move forward into this change of seasons.

Workplace Wellbeing and Mental Health

At Camino, our jobs are focused on supporting the wellbeing of others – but we also make sure we take care of ourselves. World Mental Health Day was October 10th and focused on mental health in the workplace. We want to share how we prioritize wellbeing for our team.

A sense of belonging and connection is a fundamental human need that greatly impacts our mental wellbeing. Building a culture of belonging is one of Camino's core values.

Here is how we put that into practice:

Fostering inclusivity and encouraging people to be their full selves at work. In our weekly internal newsletter, staff share personal stories – whether it is a family recipe, a cultural tradition, or a family story of immigrating to this country and more. These stories help us connect and appreciate each other's uniqueness.

Encouraging connection through common-interest social gatherings and group chats, such as monthly "Crafternoons", our Camino Movie Club or Rainbow Chat.

Celebrating successes and milestones. Whether it is work achievements, birthdays, or personal accomplishments, we celebrate what's important to our team members, in and out of the workplace.



To keep wellbeing and mental health a priority we also focus on:

Encouraging our team to unplug after work and take small breaks during the day to go for a walk or sit outside for some fresh air and sunlight.

Flexible benefits: Our fully paid core benefits plan includes a flexible Health Care Spending Account and Employee and Family Assistance Program, so our own staff can access private mental health support via another mental health organization.

Personal Wellbeing Time: Separate from sick days, this time can be used at the discretion of our employees to take care of themselves or family in ways that are meaningful to them.

There are so many ways to prioritize wellbeing in the workplace. Let's each make it an important part of our daily lives.



Tailored Support for the Whole Family



Initially, Kim connected with Camino looking for support for her kids. However, the Intake Worker suggested Kim might also benefit from the Separated Parents Workshop, where she found community among other parents and caregivers going through similar challenges. She walked away with new tools to help her and her kids navigate a trying time.

Kim's preteen also found community and connection among the OK2BME Program. She became a regular attendee at the Tuesday Youth Group, looking forward to her weekly gatherings. She proudly shared with her mom her creations and some of the "neat stuff" she learned each week.

"Camino helped support our family through one of the toughest times in our lives."

When Kim got married fourteen years earlier, she never envisioned being a divorced mom with three kids. Telling her kids about the separation was one of the hardest things she ever had to do. While her kids were not showing any major signs of distress, there were big changes going on in their lives and some sadness that came along with that. Even though she had some shame around the divorce, she wanted to make sure her kids had a safe place to talk about their feelings. She reached out to Camino for support.

Thousands of people each year access multiple programs and services through Camino. Kim's family started with counselling, but found a range of support tailored to their family and individual needs.

The Intake Worker she was connected with made her feel at ease. After that initial meeting, each of her children was set up with a therapist and started counselling. Through play therapy and other activities, the kids learned to reframe their parents' divorce.

At Camino, there is no wrong door when accessing support. Kim's story shows that wherever you start, Camino walks alongside you and your family towards improved wellbeing and brighter futures.

Fall Wellbeing Challenge

Little things can make a big difference. Try these four things – and maybe incorporate them into your regular routine!

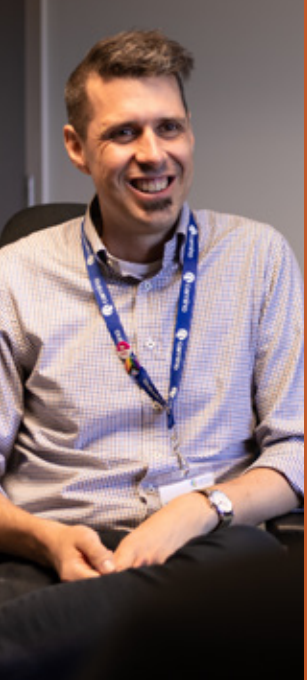
Wake up 30 minutes earlier to sit with a cup of tea or coffee with no phone or social media.

Call or text a friend or family member you haven't connected with in a while.

Write down 10 things you're grateful for.

De-clutter your desk, room, or bedside table.





DID YOU KNOW?

Our Adult Quick Response program connects adults who have urgent wellbeing needs to trained mental health professionals - no appointment needed! This vital service operates Mon-Fri and is responding to our community's growing need for mental health supports.

We can't do this work without you. For only **\$10/month**, you can ensure one person gets the support they need when they need it most. Your monthly gift provides access to the services that make stronger futures possible.

Make a Lasting Impact

Join our monthly giving program today!



Volunteer Spotlight: Jane's Story

Ask Jane Dietrich to describe how it feels to support young families each week and she'll tell you: ***"Rewarding doesn't seem like a big enough word for it. Gratifying may be closer to the feeling."***

For almost 10 years, Jane has been helping young families thrive as a dedicated volunteer with the Early Learning Program, part of the Pregnant and Parenting Youth program.

From a high school classroom that supports pregnant and parenting students to graduate from school to workshops that help build life skills and confidence – our Herbert Street location offers a dynamic set of services.

Volunteers like Jane are at the heart of that work, ensuring parents can focus on their goals while knowing their children are well cared for.

For Jane, it's more than just spending time with babies and toddlers. ***"It's so important to me that I can watch them make good lives for themselves and their babies,"*** she says.

Volunteering with Camino has been a perfect fit for Jane, especially in retirement. She loves the flexible shift times and the meaningful connections she's made with fellow volunteers, staff, parents and their children.



Volunteer with us today!

If you'd like to learn more about how you create positive change as part of Camino's team of volunteers, scan the QR code above or contact us at volunteer@caminowellbeing.ca

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To learn more about us, visit caminowellbeing.ca

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