

Welcome to your Fall edition of Camino's newsletter! Our theme of "Behind Any Door" highlights that many people may be carrying a struggle we cannot see. We can all help to change that by fostering connection and making space for vulnerability.



**WORLD  
MENTAL  
HEALTH  
DAY**  
**OCTOBER 10<sup>th</sup>**

**October 10 is World Mental Health Day.**

Talking about mental health doesn't need a special day. But sometimes, a moment on the calendar gives us a reason to pause and reflect.

This year's World Mental Health Day theme is: "Everyone deserves good mental health"

At Camino, we see every day how true that is, and how far we still have to go to build a connected community where ALL people thrive.

**Behind any door, someone may be carrying more than we know.** They might be holding it together at work, at school, or at home, quietly struggling, unsure if support is meant for them.

Having a conversation about wellbeing and mental health can change lives. That conversation could be with your neighbour, a co-worker, a friend, or someone in your

own home. Mental health affects everyone, across every age, background, and walk of life. Even those who seem like they "have it all together" may be facing challenges we cannot see.

Stigma remains one of the biggest barriers to care. This silence can create a cycle of isolation and worsen our struggles.

**This Fall, let's keep making space for real talk. At work. At home. In community.**

By talking openly about wellbeing and mental health, it gives others permission to do the same, fostering connection and understanding. Behind any door, someone is waiting for the safety to speak. By opening that door, you may give someone the courage to seek support - and remind them they are not alone.

**Let's work to change things, one conversation at a time.**



Accredited by  
Canadian Centre  
for Accreditation



Agréé par  
Centre canadien  
de l'agrément

We are proud to share that Camino Wellbeing  
+ Mental Health is officially accredited by the  
Canadian Centre for Accreditation.

## Camino is Accredited!

**What does that mean?** It means that every part of our work, from governance and leadership to programs, services, and safety, has been externally reviewed based on the best practices and highest standards of quality.

**Most importantly, it means you can feel confident that when someone walks through our doors, they're getting care that is compassionate, effective and rooted in leading practices.**

This achievement reflects the dedication of our teams, volunteers, and board, and the trust our community places in us every day.




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In this season of Thanksgiving, we want to thank you for your contributions to Camino. Whether it is through donating to support our work, reading our publications and social media posts, volunteering with us, or spreading the word about our work, we are deeply grateful to each and every one of you for walking alongside us in helping build a connected community where all people thrive.

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During this season, many of us will be gathering with family and friends. We're reminded of the power of community and what it means to care for one another. And you can make that connection go even further. We can give thanks and give back. This season, we invite you to consider joining with friends, family, or colleagues to raise funds that support wellbeing and mental health in our community.

Each person can contribute at their own level, and your group gifts, no matter the size, ensure there is no wrong door when someone in our community is accessing wellbeing and mental health supports.

**Scan the QR code  
for an easy way to  
gather and give**



# Changing the Narrative on Young Parents

When Ava first walked through the doors of Camino's Pregnant and Parenting Youth (PPY) Program, she carried the weight of other people's judgments. Like many young parents, she had heard the stereotypes: too young, too unprepared, too likely to struggle or fail.

**When reaching out for support, she expected judgement here too, but instead she found something else.**

Ava was greeted by staff who saw her strengths and potential, even before she did. She met other young parents who understood her challenges and celebrated her successes. Routines were hard at first, but Ava kept showing up, and support didn't stop when she stumbled.

*"We know they need time and consistency,"* shares Family Outreach Worker Andrea Rennie. There's no 'three strikes, you're out'. They need to know there's always someone they can come back to and get support." It's more than parenting classes or practical support - it's the belonging.

Today, Ava is pursuing post-secondary education with a clear career goal in mind and



parenting with confidence, as her family continues to grow. She still comes back, not because she's struggling, but because here she finds trusted support, connection, and the chance to keep growing as a mom.

Program Manager Jen Jordan adds, *"We hear repeatedly that they keep coming back because this feels like home. Even years later, after they've completed school or moved on from supportive housing, they return to a warm welcome."*

The growth is visible: Ava has become this phenomenal, interested, engaged parent, eager to understand her children's development and give her family the best possible start.

**By changing the narrative, Ava and other young parents are showing what's possible when the right support is available.** They are building healthier families, staying connected to community and proving again and again that their futures, and their children's futures, are filled with possibility.

## Want to give back through a gift of your time and care?

The Pregnant and Parenting Youth Program community includes an incredible team of volunteers.

*"When I see the young parents in the program – how supported the moms are, how their confidence grows, and their babies flourish – it's emotional,"* shares Early Learning Program volunteer, Amy. She cherishes the connections with the parents, babies, and other volunteers.



Scan the QR code or visit [caminowellbeing.ca](http://caminowellbeing.ca) to learn more about how you can become part of the incredible team of Camino volunteers. The Early Learning Program is one of many ways to give back through a wide range of volunteer opportunities.

## We Often Get Asked... What Do Camino's Services Cost?

The answer is simple: the majority of supports available throughout Camino – such as groups, workshops, programs, and more – are funded at no cost to participants.

Our counselling services work a bit differently and **are provided on a sliding scale, making them affordable for everyone.** You can find our fee information by **scanning the QR code.**

While we do receive some funds to support counselling – and we are grateful for those funders – the demand far exceeds what we are funded for. **This is where community comes in. Thanks to the generosity of people like you, no one is turned away because of financial barriers.** Your support means that people can focus on what matters most, their wellbeing and mental health.

"I utilized the Single Session Phone Counselling Services. The session was exactly what I needed to refocus my thoughts and feelings. Thank you!"



## Join our community of monthly donors

Just \$10, \$20, \$50 a month helps ensure no one is turned away due to a financial barrier. Your monthly gift means we can plan ahead, stay strong, and show up for people when they need us most.

Monthly giving for you means a simple way to give back. Just set it up once and know that you'll be making a direct impact on your community



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