



**Canadian Mental
Health Association**
North and West Vancouver
Mental health for all



SEYMOUR GOLF AND COUNTRY CLUB

Charity GOLF TOURNAMENT – July 10th 2025

Our beneficiary for the 2025 Golf Tournament will once again be the **Canadian Mental Health Association North & West Vancouver**. Working with the charity over the last two years has given us an inside look at all the programs they're running to support individuals in our community that are desperately in need. Charitable donations from this tournament can help to support some of the following programs:

STEPS Youth Program

Low-barrier recreational group that emphasizes social engagement through nature-based activities for North Shore youth facing mild to moderate mental health challenges. Trained facilitators deliver engaging, fun, educational programming to youth aged 13-18; and 19-29 years old; a crucial demographic that is often overlooked when it comes to mental health care and building nurturing, non-judgmental environments for youth.

Counselling Services

Low-to-no-cost, confidential, one-on-one support from Registered Clinical Counsellors. Mental health counselling is not covered under British Columbia's Medical Services Plan (MSP), leaving many residents without extended medical benefits unable to access private counselling. CMHA-NWV addresses a significant gap by offering affordable, high-quality counselling services to adults (19+) who would otherwise go without support.

Outreach Services

Our outreach workers provide one-on-one support with housing, income, community resources, and more by assessing each client's specific needs and challenges to develop individualized care plans based on available services and the client's short and long-term goals.

On July 10, 2025 Seymour Golf and Country Club will host our 33rd annual golf tournament that has benefited so many charities across the North Shore. The Canadian Mental Health Association North & West Vancouver (CMHA NWV) has been serving our community since 1958. Mental health affects us all, approximately 1 in 3 Canadians will have their lives touched by mental illness in their lifetime. In British Columbia, about 17% of us are experiencing mental health or substance use issues today.

As a valued community and business leader, we would like to ask you to **support this event with either sponsorship, donations of live or silent auction**, participation in the golf tournament or as volunteers. We appreciate your support!

Sincerely,

Mary Jane Devine and Ben Naimark
Event Co-Chairs