

Editorial Submission-March 2<sup>nd</sup>, 2006

They all come from different backgrounds with their own goals but ironically, they all share one common act, without compromising their goals. Of course I am referring to the people who volunteer at the local branch of the Canadian Mental Health Association. As a volunteer they donate their time and talents without any expectations of financial gain. Incidentally, as they get involved with the Association, their families and friends also join them in sharing their time and talents with us.

Established as a non-profit voluntary organization, the Canadian Mental Health Association cannot survive without its' volunteers. They are the intricate part of the Association. All the volunteers are driven by the desire to help others, educate the public about mental health and related issues, advocate for the victims of an illness and of course grow and develop at a personal level by meeting other people, learning something new and participating in self-help.

Canadian Mental Health Association volunteers come from various backgrounds such as banking, insurance, sales/marketing, engineering, law, accounting, law enforcement, education, social services, homemaker, consumers of mental health system and their families, just to name a few. The value of their work cannot be estimated.

As people from various social, economic, academic and professional backgrounds get together, they find themselves enriching each others' life experiences. For example, the opportunity to join the CMHA's Board of Directors offers an excellent training ground for developing skills in the areas of governance, social change, decision making, teamwork, as well as analysis of trends in the areas of economic, political, social and technology. Volunteering for worthy causes such as ours also enable the volunteers to feel good about themselves. Life becomes more meaningful and purpose driven.

Canadian Mental Health Association Kawartha Lakes Branch offers excellent, rewarding and challenging opportunities for the residents of the City of Kawartha Lakes to volunteer and grow, as a Board Member. To learn more about such an opportunity, please feel free to call the author at 705.328.2704 Ext. 227 and be a part of a winning team.

Sincerely submitted,

Naresh James  
Editorial Board Member