



CAM'S KIDS CONNECT

Recap:

March 3, 2016: Andrew spoke on behalf of Cam's Kids at Carleton University for the Student Alliance for Mental Health.

March 4, 2016: Sir William Mulock Secondary School in Newmarket hosted a dodgeball tournament in support of Cam's Kids. Cam's Kids Ambassador and athletic council director Amanda Greidanus encouraged students to speak openly about anxiety and mental health. Participating students had a great time, as did the friends cheering them on. Thanks Amanda for taking the initiative of speaking so openly to your peers and spreading the word about Cam's Kids.



Cam's Kids Club

Andrew is in the process of creating a Cam's Kids Club at Carleton University. Known officially as Cam's Kids Ottawa. The club enables the distribution of Cam's Kids materials in first year Frosh kits. Club status also permits setting up booths at Carleton events ie. Clubs and Societies Fair during Frosh week. Kyle is looking into creating a Cam's Kids Club at Ottawa University.

Any Ambassadors interested in starting a Cam's Kids Club at another school please feel free to contact Andrew.

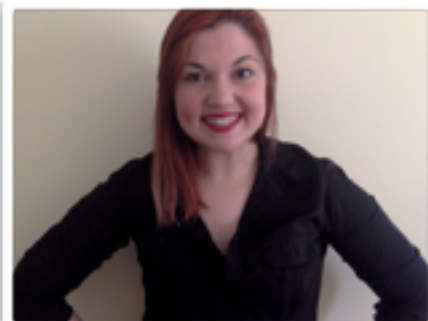


Thanks to Natalie for choosing Cam's Kids Foundation as your Public Speaking topic at Ottawa U and in the process raising awareness.

The 2016 [PonderThis!](#) pond hockey tourney was a HUGE success! Thanks to all the Cam's Kids Ambassadors for participating and volunteering. Even though it had to be the coldest day of the year, the love and sunshine, as well as the awesome toques, made spending the entire day outdoors lots of fun.

Welcome to the Team!

We are very pleased to welcome Taylor Waines to the Cam's Kids team. Taylor is a journalism student who will be doing her internship with us for the next seven weeks. We are excited to have Taylor share her wealth of knowledge and experience, in both journalism and mental health. Welcome Taylor !





Upcoming Events

April 15 & 16

Shooting 4 Mental Health

Hayden Prince from Uxbridge has combined his love of Airsoft with his desire to raise awareness and funds for local charities. This year **100%** of proceeds will be donated to Cam's Kids Foundation. This event will take place at Uxbridge Shooting Sports with a special appearance.

April 24

Uxbridge's 1st Bench Press Competition at Body Fit

This event is being organized by Peter Dauncey, former champion weightlifter and passionate supporter of Cam's Kids. Come on out and flex your muscles! And if flexing isn't your thing, cheer on someone who is. Strength in numbers!

June 25

2nd Annual Cam's Kids Golf Tournament and Dinner at Wooden Sticks

This is our largest fundraiser. Dinner tickets available for only \$50. Last year's tournament and dinner sold out quickly and this year appears to be no different. Lots of volunteers needed for this **FUN** event. Please connect with Andrew if you're available to volunteer.

Online Updates

Thanks to Kelly for summarizing Dr Mercola's newsletter "The Biggest Cause of Anxiety and Depression is Traumatic Life Events" for posting on Cam's Kids website. Latest research dismisses the commonly held belief that anxiety and depression are caused by chemical imbalances. If traumatic life events are indeed the biggest cause of anxiety and depression then talking about and getting counselling would be most advantageous.

Many thanks to Jake and Morgan for sharing their stories on how anxiety looks and feels to them.

As well, thanks Haley Smith for sharing your story. Haley's is the first video testimonial! We would love to see many more.

Testimonials are an important part of Cam's Kids mission of empowering young people who are struggling with anxiety.

If you, or someone you know, has personal experience with anxiety and/or mental health and would like to share it through writing and/or video, please email Linda at beefree1014@gmail.com.

Spreading the Word

- Shayna and Andrew distributed 65 Cam's Kids posters to Carleton University. One poster for each floor in the residence buildings.

- Andrew and Roger established contact with Algonquin College and delivered 30 posters for their res buildings.

- Steph and Andrew distributed 28 Cam's Kids posters to various community centres throughout Ottawa.

- Kyle, Vanessa, Andrew and Dan set up a Cam's Kids table in the lobby of 90U at Ottawa U and handed out over 300 bookmarks. The team spoke with many young people about anxiety.

- Guelph University Health Clinic and South Residence building each have a Cam's Kids poster hanging from their walls. Thanks Laura!

Thank You, Thank You, Thank You!

Many, many thanks to all of our Cam's Kids' Ambassadors. Your interest and support in this foundation is greatly appreciated and valued. You are all an integral part of our mission of "making kids lives better."

If we have missed anything our sincere apologies. Please let us know so we can include it in the next newsletter.

Thanks again for your hard work, commitment and support of Cam's Kids. Together we **CAN** make kids lives better!