



CAM'S KIDS CONNECT

Recap:



June 25, 2016:

The 2nd Annual Cam's Kids Golf Tournament and Dinner took place at Wooden Sticks Golf Course in Uxbridge. It was a beautiful day to golf and spread awareness. Over 140 golfers came out to hit the greens, win prizes and enjoy a delicious dinner. Thank you to the 40 ambassadors and volunteers who helped in the success of this event.

July 1, 2016:

The 1st Annual Cam's Kids Volleyball Tournament was held at Devils Den Volleyball Centre in Whitby. Many spectators came to watch the 48 players compete for the win. Thank you to the 10 volunteers who helped register, ref, serve food, and photograph the event.



Frosh Awareness

Many of our ambassadors have stepped up to integrate the Cam's Kids Foundation into many universities across Canada. This year frosh week inserts were handed out at:

The University of Calgary
Dalhousie University
Carleton University
Ottawa University
Queens University

Thank you to Connor Branch, Kyle Train, Kyle Stinson, Eric Mosney, Braeden Whitehead and the team of ambassadors at Carleton for helping spread awareness!

Welcome to the Team!

We are very pleased to welcome Connor Branch, Connor Carrothers, Jenna Smith, Mitch Anderson, Brodie Schmidt, Yvonne Osagie, Jake Vieira, Max Clark, David Shepherd, Leslie Chan, and Leah McMunn to the Cam's Kids team. Each of you are an important part to raising awareness. Thank you to all who have become ambassadors and all of you who have helped to find more ambassadors!

Upcoming Events

September Frosh Week & First Semester

Awareness in Universities

Anxiety awareness campaigns have begun at universities across Eastern Canada including putting up posters and setting up booth on campus during this first semester. Thank you to all the ambassadors who have continually helped to bring Cam's Kids awareness into universities and colleges across Canada. Keep up the great work!

End of September

Cam's Kids Yoga Event

Currently we are looking to host a Cam's Kids yoga event at the end of September to support students with distressing, calming their body and calming their mind. More details to come!

Ongoing

Cam's Kids Club

Ambassadors in the Ottawa area are starting Cam's Kids Clubs at University of Ottawa and Carleton University this semester to create a place for students to talk, connect and learn from each other each month. These clubs will also feature fun activities at each monthly meet up that promote mind and body well being. This includes yoga workshops, breathing workshops, going through the tools and resources on the Cam's Kids website, and more! Thank you to those who helped make this happen!

September 21st from 7:30p.m. - 8:30 p.m., we will have our next ambassador meeting. These meetings are a crucial part to growing as a foundation by creating goals, sharing ideas, and connecting with one another!

Online Updates

Thanks to Taylor Waines for writing a piece on how social media affects those living with mental illness. We could all use a social media detox to help free ourselves of electronic noise.

Many thanks to Karley, Taylor, Hayley & Lane, Miranda, Jake, and Logan for sharing what anxiety looks and feels like to them.

As well, thanks Jeff Corbett for sharing his story. It shows that you can still live your dreams even if you are learning to manage your anxiety!

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

Thank You, Thank You, Thank You!

- To Andrew Cobham for his continuous effort in creating awareness for anxiety and the foundation with the young hockey players he coaches in Ottawa.
- To Spencer Crowe, Andrew Hicks, and Kyle Stinson for their work in organizing the volleyball tournament
- To Mitch Anderson for creating awareness for the foundation through his theatre company ticket sales this summer.
- To Amanda Greidanus for handing out Cam's Kids materials to Grade 9 students at her school during the Grade 9 transition event.
- To Braeden Whitehead for his efforts in getting Cam's Kids booth setup during orientation week this fall at Queens University.
- To the team of ambassadors at Carleton University for the work they did in getting a booth setup at during their orientation week clubs and societies expo this fall.
- To Connor Branch for the work he did out west in Calgary this summer connecting with the University of Calgary Student Mental Health Club and working with them to distribute Cam's Kids material at this years orientation week. Also for his efforts in putting up 70 posters around U of Calgary campus.

Thanks again for your hard work, commitment and support of Cam's Kids. Together we **ARE** "Making Kids Lives Better"!



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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.

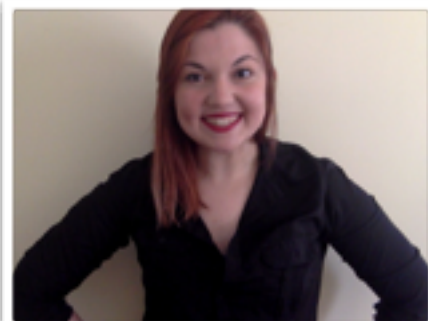


Thanks to Natalie for choosing Cam's Kids Foundation as your Public Speaking topic at Ottawa U and in the process raising awareness.

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!