

<https://www.stjoesfoundation.ca/mentalhealthmorning/>

OUR 9TH ANNUAL A MENTAL HEALTH MORNING RETURNS OCTOBER 7TH, 2021

We're bringing our 9th Annual A Mental Health Morning to you virtually once again! Join us on Thursday, October 7, 2021 from the comfort and safety of your home or office to celebrate our 2021 Spirit of Hope Award Winners and listen in as Serena Ryder sings a song or two as she shares her personal mental health story!

FEATURING SERENA RYDER

Juno Award-Winning Musician | Mental Health Advocate



For Serena Ryder, music is medicine. Her raw and earnest songwriting and beautifully electric live performances have made her a favourite amongst fans, peers, and critics alike. Ryder has been playing guitar and penning songs since she was a teenager. On the outside this Juno-Award winning musician was a rising international star. But on the inside she was battling a deep depression that triggered an identity crisis and onstage panic attacks.

In her powerful keynote, Ryder shares the difficult path she took to regain her health and how she rediscovered her voice both as a performer and an advocate for those living with mental illness.



Register for A Mental Health Morning

Register today for our 9th Annual A
Mental Health Morning event on
Thursday, October 7, 2021.

[REGISTER](#)



The Spirit of Hope Awards

Nominate someone for a Spirit of
Hope Award. Nomination deadline
is August 31, 2021!

[NOMINATE SOMEONE](#)



Become a sponsor

As a sponsor, you will help us
continue to ensure that mental
healthcare matters in our
community, and that your friends,
family and neighbours can find the
support they need.

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MORNING](#)

St. Joseph's Healthcare Hamilton The Research Institute of St. Joe's Hamilton
St. Joseph's Health System

St. Joseph's
Healthcare Foundation

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The lands on which St. Joseph's Healthcare Hamilton provides care are the traditional territories of the Mississauga and Haudenosaunee peoples. These territories were the subject of the Dish with One Spoon Wampum Belt Covenant, an agreement between nations to peacefully share and care for the lands around the Great Lakes. At St. Joseph's Healthcare Foundation Hamilton, we pledge to walk together with Indigenous Peoples in building a more just society.