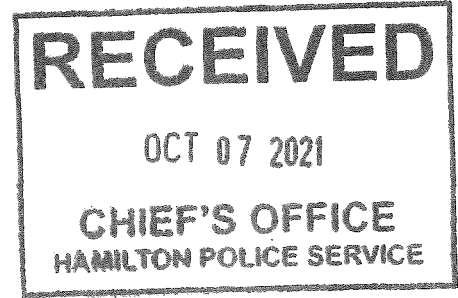


September 29, 2021

Sandy Pollock  
Hamilton Police Service  
155 King William St  
Hamilton, ON L8N 4C1



Dear Sandy:

Thank you for your generous support of our 9th annual *A Mental Health Morning* – presented by ArcelorMittal Dofasco. We are excited to bring *A Mental Health Morning* to you virtually once again, and hope that you may join us online on Thursday, October 7th, 2021 from the comfort and safety of your home or office.

This year, we look forward to hosting our growing audience of guests for a powerful keynote from Juno Award winning singer and songwriter, Serena Ryder. For Serena, music is medicine. Penning songs since she was a teenager, this 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. Since then, Serena has shared 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.

This year, funds raised through *A Mental Health Morning* will support the expansion and renewal of St. Joseph's Healthcare Hamilton's Emergency Mental Health Services. Having access to urgent mental health care and support has never been more important than right now, due to the long-lasting impact of the COVID-19 pandemic and the feelings of anxiety, depression, isolation and substance use that has resulted from it. As the sole provider of adult emergency mental health and addictions care in the city, it's critical that we have a larger, more patient-centred space in which we can help people in crisis, no matter what brings them to our doors.

Your support of our *A Mental Health Morning* will help St. Joseph's continue to provide compassionate, recovery-focused, innovative mental health care to Hamilton and its surrounding communities.

Sincerely,

Sera Filice-Armenio  
President & CEO

*With thanks and  
appreciation.*

*All the best.*