



Ontario Provincial Council  
Of The Catholic Women's League of Canada  
Education and Health Standing Committee

Directive #8

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March 13, 2018

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To: Diocesan Education and Health Committee Chairpersons

From: Wilma Vanderzwaag, Ontario Provincial Council, Sub Committee Chairs: Mary Lou Watson and Heather Sisk

cc: Diocesan Presidents, Ontario Provincial Executive, National Health and Education Standing Committee Chairperson

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There have been several emails and articles from the Canadian Catholic Bioethics Institute that pertain to this standing chair and are attached to this directive. If you have not already signed up to receive emails directly from the Bioethics Institute, I would recommend that you do and inform your parish council counterparts to do the same. This information keeps you current on issues that are important to our membership.

Fran Lucas, National Education and Health Chair sent out Communique 9 that advised that Mental Health Week was May 1-7. The actual week for Mental Health this year is May 7-13, 2018. While 1 in 5 Canadians have a mental health issue, the other 4 are trying to help these individuals cope with their mental illness. Education about mental health will allow each of us to be a better support. Mental illness does not have to be a life sentence, the despair can become a spark for this person to become their best self with the proper help. Learn what programs and counselling are available in your community and province. Get brochures from Canadian Mental Health Association to distribute during this week to help educate our members. Mental health issues can lead to substance abuse, homelessness and suicide. Let us all advocate for mental health and to reduce the average wait time for counselling (at present 5 months).

The entire Care Kit for the "12 Hours of Prayer for Palliative Hospice Care" is now available on the national web site [www.cwl.ca](http://www.cwl.ca) under the following: In the News, Education and Health Communique tab and/or the Prayer Corner. Some pieces are the same as last year, some pieces have been replaced and some brand new pieces have been added. National First Vice-President and Chairperson of Education and Health Fran Lucas wishes to thank Education and Health Sub-Committee Chairperson Becky Kallal for her assistance in this endeavour. Kindly share this with your counter parts asking them to do the same.

Catholic Education Week is May 6-11, 2018. Check with your Catholic Board of Education for the various activities that will be happening in your area. Try to attend at least one event to show your support for our Catholic schools.

The Catholic Women's Leadership Foundation board has announced the fourteen outstanding, talented women from across Canada that will form the class for the first Certificate program developed in partnership with Saint Paul University's Providence School of Transformative Leadership and Spirituality. **Our very own Provincial President, Anne Madden will be attending, let us congratulate her and pray for her as she completes her studies.** For the list of all the women attending, go on the website, [cwlfcanda.ca/our-leadership-program/2018-candidates](http://cwlfcanda.ca/our-leadership-program/2018-candidates). Thank you to all the women who put their names forward for consideration.

Blessings and peace,

*Wilma*

