

A PROGRAM OF GATEWAY RESIDENTIAL & COMMUNITY SUPPORT SERVICES OF NIAGARA

A mental health community-based organization that assists individuals to achieve greater independence through innovative, person-centered housing and support services

Residential Program
Community Support Program
Home For Good
Housing First
Life Skills Groups
Recreation Therapy Programs
Community Treatment Orders
Supportive Housing
Property Management

178 King Street
Welland, Ontario
Office Phone: 905-735-4445

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"From a young age I was known to be very creative." - Cameron

"Everything that is living has hope." - Caroline

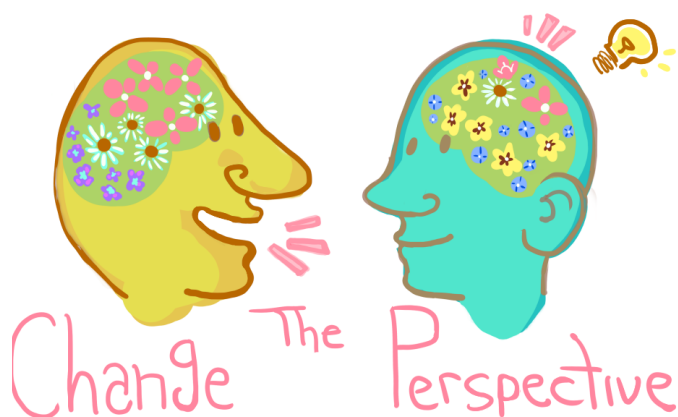
"Share your love with others, don't keep it hidden." - Pat

"Realize your truth and use it to help others." - Mark

"I can do all things through Christ who strengthens me." - Jessica

"I'm a survivor." - Wendy

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MENTAL
HEALTH
ADVOCATES

CHANGE

THE

PERPECTIVE

CHANGE THE PERSPECTIVE'S (CTP) MISSION

We are a group of individuals with mental illness who feel passionately about educating the community and breaking the stigma. By telling our stories, we set an example of living successfully with mental illness. We provide information about a wide variety of mental health issues and put a face to mental illness.

GUIDING PRINCIPLES

- Respect
- Understanding
- Open Communication
- Strength
- Truth
- Empowerment

WHAT CTP STANDS FOR

Embracing honesty, ending the stigma of mental health, building awareness of mental illness in ourselves and others, advocacy, teamwork, passion, hope, trust, dignity, fearlessness, belief in others, education, connectedness and inspiration.

OUR APPROACH

- **Telling our life stories** to create a more empathetic community for people affected by mental illness
- **Participating in events and community forums** to promote awareness of the effects of mental health and how to live successfully with mental illness
- **Creating audio/visual materials** to change the way people think of mental health, fight stigma, lessen bullying and create an environment where people can ask for help
- **Educating through information sheets and print materials** regarding topics such as sexual abuse, suicide, addictions, eating disorders and feelings while using social media to create easy access to information
- **Informing people** to get the help they need!

"My story is one of survival, survival of some of life's most difficult challenges." - Wendy

Remembering Wendy who will forever be in our hearts.

OUR SPEAKERS AND FOUNDING MEMBERS

CAROLINE K.
JESSICA B.
MARK H.
PAT P.
JEN C.
CAMERON C.
WENDY M.

OUR PROGRAMS

- Speakers Group
- Newsletter Committee
- Fundraising Committee
- Outreach & Promotion Committee
- Team Building Committee
- Education & Learning Series
- The Lantern Newsletter

CONTACT US FOR CHANGE THE PERSPECTIVE TO SPEAK AT YOUR NEXT EVENT!

EMAIL:

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Learn more about us [here](#)