

For more information about Spark of Brilliance, its satellites, programs and community projects and to learn more about **GIVE VOICE!** please visit our website at:

<http://guelpharts.ca/sparkofbrilliance>
(then click on "**GIVE VOICE!**" in left-hand column)

Spark of Brilliance is a community-based initiative to support healing and transformation through the expressive arts.

Satellites:

Creative Brilliance

A Division of Spark of Brilliance
5 Faulkner Street
Orangeville, ON
L9W 2G2
Telephone: (519) 766-4460 x237
Email: heatherwindyridge@sympatico.ca

Spark of Brilliance

Wellington North Outreach
234 St. Patrick Street East
Fergus, ON
N1M 1M6
Telephone: (519) 843-6191
Fax: (519) 843-7608
Email: wellintonnorthsparks@gto.net

Spark of Brilliance

Halton Region
Burlington/Milton/Action/Oakville
388 Main Street East
Milton, ON
L9T 1P8
Telephone: (905) 693-4270
Fax: (905) 693-9183
Email: info.cmha@haltonhealthworks.ca

GIVE VOICE! VISION

Our goal is for every person to have the confidence, resources and community support to realize their full potential as valuable contributors to society.

GIVE VOICE! MISSION

GIVE VOICE! will use Public Speaking as a vehicle to foster confidence, share knowledge, raise awareness, and improve life opportunities for those struggling with mental health and other life challenges.

Contact Information :

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"I began to have an idea of my life, not as the slow shaping of achievement to fit my preconceived purposes, but as the gradual discovery and growth of a purpose which I did not know."

-- British psychoanalyst Joanna Field, author of three acclaimed books on her personal artistic self-discovery --

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

-- Christopher Reeve --

Give Voice!



... fostering opportunity
through public speaking

GIVE VOICE! is a
Spark of Brilliance
Initiative sponsored by
The Andrew Long Charity
Golf Tournament 2006



Spark of Brilliance
Guelph Office
5420 Highway 6 North
RR#5, Guelph, ON
N1H 6J2, Canada

<http://guelpharts.ca/sparkofbrilliance>

BACKGROUND

GIVE VOICE! was founded on a belief that every person has skills that can make him or her a valuable contributor to society.

A variety of factors can act as barriers to reintegrating into society for people with mental health issues and other life challenges.

WHAT IS **GIVE VOICE!**?

GIVE VOICE! uses Public Speaking as a vehicle to help break down these barriers, by promoting:

- Creative expression
- Self-confidence
- Learning a highly valuable, transferable skill
- A sense of support and camaraderie
- The sharing of information about Employment, Public Speaking, and Maintaining Mental Health
- Eradicating the stigma associated with mental illness, by the public, by employers, and by the sufferers themselves

WHO CAN BENEFIT FROM **GIVE VOICE!**?

Anyone who wants to:

- Improve their public speaking skills in a supportive, encouraging atmosphere
- Find employment, but are too discouraged to start, or simply don't know how to begin
- Learn tips about dealing with mental health issues
- Share their stories with others who can relate
- Help eradicate stigma of mental illness
- JUST HAVE FUN!!!

GIVE VOICE! PROGRAMS

GIVE VOICE! Programs offered to you:

THE **GV SPEAKERS CLUB**

An entertaining, informal club where people can practice speaking in front of an encouraging and supportive audience. Speaking topics include humour, personal interests, and mental health experiences.

In addition, each meeting features a Guest Speaker who will provide tips on Public Speaking, Mental Health, or Employment.

THE **GV SPEAKERS BUREAU**

A team of trained speakers from the GV Speakers Club that speaks to target audiences to help raise awareness and eradicate the stigma of mental health issues, particularly in the workplace.

As people who know what it is like to struggle with mental health issues in today's society, the GV Speakers Bureau provides real faces to the issue.

Contact us if you'd like to find out more about the *GV Speakers Club* or the *GV Speakers Bureau!*

(519) 766-4450 x237
<http://guelpharts.ca/sparkofbrilliance>

HOW CAN YOU PARTICIPATE IN THE **GV SPEAKERS CLUB**?

ATTEND AS A CLUB-GOER!

- Simply sit and watch
- Get up and tell a joke
- Tell others something fun about yourself
- Share your struggle with mental illness and the strides that you have made
- Offer your own tips on Public Speaking, Employment, or Managing Mental Health

HOW? Go to our website for a schedule of our meetings and come on out, or contact us to sign up for a speaking role!

VOLUNTEER AS A GUEST SPEAKER!

- Volunteer as someone knowledgeable on the subject of Public Speaking, Employment or Mental Health
- Give a short, informative speech on this subject
- Share an inspirational story to kick off our Club meeting

HOW? Contact us to sign up, and check out the *Guest Speaker Guide* on our website!

REFER A GUEST SPEAKER!

- Do you know someone who is knowledgeable on the subject of Public Speaking, Employment or Mental Health? If you think they'd like to be a Guest Speaker, let us know!

HOW? Contact us by phone or email to tell us who you have in mind!