



Canadian Mental
Health Association
Champlain East

**TO FEEL
BETTER IS
TO LIVE
BETTER!**

MENTAL HEALTH PUBLIC EDUCATION TOPICS

- Stress Management
- Suicide Awareness & Prevention
- Talking About Mental Illness
- Seasonal Affective Disorders
- Understanding Schizophrenia

With your support, workshops on these topics will be available in our community.

19th Annual Subway Brunet Golf Tournament for Mental Health

Friday, July 8, 2022

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Nation Golf Course
731 County Road #19, Curran, ON
613.673.3333

- **Subway Lunch** 11:30 am
- **Tee-Off** 1:00 pm
- **Dinner** 6:30 pm
- **Awards & Presentations** 7:30 pm

Organizing Committee

Gisele Brunet
Subway Coordinator
613.799.3081
gslbrunet@gmail.com

Angela Warren
CMHA
613.933.5845

Suzanne Lalonde
Sandy Ng
Micheline Harvey
MéLissa Brunet

Hélène Dallaire
dallaih@rogers.com

Tournament Cost

Lunch, Golf, Cart, Dinner, Prizes
\$160 per player

Dinner Only
\$50 per person

Golf Only
\$125 per person

Sponsor Chart

(A1) \$5000 Donation or More (Major Sponsor)
Includes a foursome registration to the event and recognition as a Major Sponsor

(A2) \$1200 Donation or More (Super Sponsor)
Includes a foursome registration to the event and recognition as a Super Sponsor

(A3) \$600 Donation (Great Sponsor)
Includes registration for two players to the event and recognition as a Great Sponsor

(A4) \$350 Donation (Sponsor)
Includes registration for one player to the event and recognition as a Sponsor

(A5) Other Donation

(A6) Product or Service for a Prize

Donate Online

- go to www.cmha-east.on.ca
- Donate Subway Golf Tournament

Sponsor A Hole

Sponsor A Hole for \$250

A high-quality company logo sign will be provided

Registration Form

**19th Annual Subway Brunet
Golf Tournament for Mental Health**
Friday, July 8, 2022 | Nation Golf Course

Yes, I would like to register (best ball)

- With my team Please match me up with other players

Name of Players	Golf	Dinner
1. <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>

No, I cannot participate, but would like to contribute and donate:

- A1 \$5000 or more
 A2 \$1200 or more
 A3 \$600
 A4 \$350
 A5 Other Donation: _____
 A6 Product or Service, Please Specify: _____

Phone:
E-mail:

E-transfer payments now available
gslbrunet@gmail.com

Make cheque payable to:
Subway Brunet/CMHA
1502 Michaelsem Street
Orleans, ON K1C 7C3

Cheques may be
 postdated to
 June 30, 2022

For further information, contact Gisele Brunet
 at 613.799.3081 or gslbrunet@gmail.com

SUBWAY RESTAURANTS

ROCKLAND | HAWKESBURY | EMBRUN | CASSELMAN | ALFRED | PLACE D'ORLEANS
 1523 MERIVALE ROAD | 5160 INNES RD. | BROCKVILLE
 ST. LAURENT SHOPPING CENTRE AND OTHER LOCATIONS IN THE OUTAOUAIS REGION