

HATS ON FOR AWARENESS

Every successful fundraising endeavour requires a devoted committee, a legion of sincere supporters and of course, a worthwhile cause



On March 27, the Hats On For Awareness Committee held a kickoff bash at Next Door Lounge, located in Woodbridge.

Guests were introduced to “the Promise” that has taken Enza Checchia 20 years to fulfill. The promise was made in memory of her beloved father, Giovanni Tiberi, who lost a silent battle to depression, leaving the family in grief and turmoil.

Checchia, Co-chair of Hats On For Awareness and a decorator with the firm Decoreenza, was determined to shed some light on mental illness by creating this fundraiser to support the Centre for Addiction & Mental Health (CAMH). Together, Checchia and Co-chair Benny Caringi are committed to raising awareness in order to shatter the stigma attached to mental illness.

They are very proud to announce that this night was a colossal success. “Our journey to raise awareness began that evening literally, as discussions of the most heartfelt of experiences could be heard amongst the crowd,” says Checchia proudly.

Caringi adds, “We were thrilled to see everyone having a great time and helping us with our mission. The feedback we received

has inspired us to hold a second Kickoff Bash during the summer before our main event!”

Research shows that one in five people in Canada will be affected by some form of mental illness or addiction in their lifetime. Most will not seek out proper treatment due to shame or simply a lack of knowledge. They may brush off their symptoms as insignificant or attribute them to something else.

The Hats On For Awareness Committee wants the public to know that mental illness is very real and very present. The good news is that there is now a variety of treatment options, from medications to cognitive-behavioural therapy. Having a mental illness is not a sign of weakness. CAMH works diligently to help thousands of Canadians transform their lives in an environment that speaks of recovery, dignity and compassion, not confinement and despair.

For more information on this vital cause, please contact Hats On For Awareness at 905.264.7264, or e-mail Enza Checchia at enza@decoreenza.com, or Benny Caringi at benny@sunbriterapery.com.