

For immediate release: August 21, 2013

***Changes in Altitudes - Changes in Attitudes* Community Fair soars to new heights for Mental Health Awareness!**

BRAMPTON, Ontario - On **Sunday, September 8, 2013**, the Canadian Mental Health Association/Peel Branch (CMHA/Peel) is holding its **3rd Annual Community Fair** from **11 a.m. to 3 p.m. at Fletcher's Creek Senior Public School** in Brampton, to celebrate and raise awareness of good mental health. The theme of this year's fair is ***Changes in Altitudes - Changes in Attitudes*** and hot air balloon rides, a climbing wall and kite flying lessons are just some of the high-flying festivities available.

Admission is Free and there is plenty to keep kids of all ages busy including games, bouncy castles, face painting & henna, a dunk tank and more! This event is hosted by entertainers [The Goodtimes](#), and there will be several performances throughout the day including: local rock band The Blitz; [I Rock With THE ONE](#) hip hop dance crew; the [Brampton Acro Ropers](#) competitive jump rope team; [Sanskriti Arts](#) classical Indian dancers; Afro-Caribbean percussion group Tam Tam Foli, as well as Zumba and Bokwa fitness classes by Carol Szuky of [Lullaby Divas](#). There will also be a special performance for children by [The Space Chums](#).

"We are very excited about this year's event," says Sandy Milakovic, Chief Executive Officer of CMHA/Peel. "Our Theme, *Changes in Altitudes - Changes in Attitudes* is about rising to new heights in Mental Health Awareness. Everyone needs to be aware of the importance of talking about mental health and fighting stigma, so people can seek the help they need to live healthier lives without fear of judgment or criticism. We encourage everyone in our community to come out and celebrate good Mental Health."

Food and snacks will be available from several vendors on-site including: burgers, hot dogs and veggie dogs from [M&M Meat Shops](#); [Poutine Dare to Be Fresh](#); [Jamie's Cracked Corn](#) and cool treats from a [King Cone](#) ice-cream truck.

Last year's fair drew over 600 people and this year several local community agencies are participating, providing families with information about supports and services available in Peel. Visit the CMHA/Peel website, www.cmhapeel.ca or check out our [Facebook page](#) for more information.

CMHA/Peel thanks the following local community supporters: [Plan-it Events Party Rentals](#), [Meri-Mac Inc.](#), the [Second Cup](#) and the [Lunchbox Café](#) as well as [Target Canada](#) and [Leon's Furniture Limited](#) for their volunteer support of this event.

Mental illness affects everyone, either personally, or through family members, friends, or colleagues. 1 in 5 Canadians will personally experience a mental illness at some point in his/her life and suicide is one of the leading causes of death in both men and women from adolescence to middle age.

CMHA/Peel champions good mental health for everyone and supports the full participation of those with mental illness and addictions in the life of the community. CMHA/Peel has been delivering better mental health to our community for over 50 years. In addition to providing a variety of mental health services, we are committed to community development, mental health awareness and addressing the stigma surrounding mental illness.

Changes in Altitudes - Changes in Attitudes Community Fair Event details:

Date: Sunday, September 8, 2013

Time: 11:00 a.m. to 3 p.m.

Place: Fletcher's Creek Senior Public School, 92 Malta Ave. Brampton

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For more information, to arrange an interview or photo-op please contact:

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