



For immediate release
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Peel Children's Centre Celebrates Generous Donors at Annual Reception

Mississauga – Peel Children's Centre (PCC) welcomed donors, board members, staff and community partners to its annual donor celebration event on October 2. The event was held at Credit Valley Golf and Country Club in Mississauga and recognized the generous support PCC has received from its donors, including major contributions from TD Bank Financial Group, Scotiabank and RBC Royal Bank.

The evening began with a warm welcome from PCC Board President Guneet Hansrani, who thanked everyone in attendance for believing in and financially supporting PCC's Mission to "inspire hope by leading in the delivery of high quality mental health services."

PCC's Chief Officer, System Integration, Ceri Harnden also expressed her gratitude on behalf of the organization before introducing a 12-year-old girl named Danielle, who spoke about her experience accessing PCC's counselling services.

Danielle shared that she has struggled throughout her life with anxiety, obsessive compulsive disorder (OCD) and thoughts of suicide. She was scared that things would never get better, and then she started seeing a counsellor at PCC who helped her learn coping strategies like meditation and balloon breathing to help her control her negative thoughts. With her mom, Danielle also attended a mother-daughter group offered by PCC, which she says helped to make their already close relationship even stronger. "I know my mental health journey is still not over," Danielle said in closing, "but with the right supports people can always find their way back. I am very grateful that PCC has helped me to find my way back."

Danielle's story is just one example of how PCC's services help children, youth and families in Peel who are struggling with mental health challenges, and these services would not be possible without generous support from donors.

At the close of the evening, **TD Bank Financial Group** presented a cheque for \$2,500 in support of Strongest Families, a program that offers telephone-based counselling to children, youth and families who are coping with anxiety and depression. Since 2006, TD Bank has contributed more than \$50,000 to PCC. **Scotiabank** was also recognized for having donated \$46,380 to PCC since 2012 through its special events matching program. Finally, **RBC Royal Bank** presented a cheque for \$50,000 in support of youth access to mental health services. Since 2002, RBC has contributed more than \$477,600 in support of PCC's mental health services for young people and their families.

PCC is a fully accredited, not-for-profit children's mental health agency. Since 1985, PCC has provided free and confidential mental health services to over 4,300 children, youth and their families annually. In 2014, PCC was named Lead Agency for the Region of Peel as part of Moving on Mental Health (MOMH), a plan to positively impact the experiences of children, youth and families in need of mental health services in Ontario. To learn more about PCC, visit our website, www.peelcc.org. To learn more about MOMH, please visit www.peelcc.org/en/lead-agency.

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