camh connexions







Photo: Natasa Hansen

Looking at the events that brought our community closer

It's hard to believe we're in the final weeks of 2026. This year has flown by, and we're taking the time to reflect on the events and moments that brought the CAMH community closer.

This year, we were thrilled to welcome more than 23,000 people to community engagement events!

We were thrilled to host the **Toronto Flower Market**, **Queen Street Marketplace**, **Maple Canada Pop Up Market** and **Creative on Queen**, CAMH's community art fair as part of the Queen West Art Crawl, all in TD Commons park.

A big thank you to CAMH's friendly neighbourhood representatives (the **First Impressions team** easily spotted in their signature purple around campus!) for helping make CAMH a safe and welcoming place for everyone in our community.

From celebrating local artists, shopping locally grown produce from CAMH's very own Sunshine Garden, to enjoying live music and cultural celebrations, these gatherings bring us together, making our community a more inclusive, welcoming place for everyone to live, work, and grow in.



Toronto Flower Market

(Cont'd)

Pow Wow

On **September 18**, the 2026 CAMH Pow Wow: **Celebrating 25 Years of Walking Together for Indigenous Health and Wellness**, took over TD Commons park. With over **50 Indigenous-owned vendors,** this year's pow wow was our biggest yet! Thank you to the Elders, drummers, and dancers who joined us, and to everyone who attended and helped make such a joyous day of celebrations.



Redevelopment Topping Off

In June, the CAMH community celebrated a towering milestone for our campus redevelopment: **Topping Off** two transformative new buildings at our Queen Street site - **Waverley House Secure Care & Recovery Building** and **Temerty Discovery Centre.**

This special event marked placing the final steel beams in each building (signed with messages of hope from CAMH staff, patients, and community) and recognized the incredible contributions by donors, governments, board members, partners, and staff who have brought these projects to life from staff.



Holiday Market: **November 26**

Featuring unique **gifts** and **crafts** made by talented **local artisans**, this year the market will be held in the lobbies of the following buildings at the Queen Street site. Each building will have different vendors, so be sure to **check them all out**!

Join us from **9:00 AM – 3:00 PM** at:

- Bell Gateway Building (**100 Stokes Street**)
- McCain Complex Care and Recovery Building (**1025 Queen Street West**)
- Orlando Crisis & Critical Care Building (**1051 Queen Street West**)

Festival of Lights: **November 18**

You are invited to join us for our annual community holiday celebration featuring live music, heart-warming performances, festive treats, and lighting up CAMH's **Purple Festive Tree**. We welcome all community members to this non-denominational festivecelebration

Time: **4:00pm-5:30pm**
Location: **TD Commons Park** (Queen St. & Shaw St.)



Thank you for being part of our community, and we appreciate being a part of yours! We look forward to creating more meaningful memories together. **See you in 2027!**

mental health is health



Feedback?

Leave us a voicemail at **416-535-8501 ext. 32245**, and we'll get back to you promptly. You can also still reach us at **redevelopment.feedback@camh.ca**.

An update on our redevelopment

In 2024, we launched the final phase of CAMH's historic redevelopment at our Queen Street site. Construction is underway on two new buildings:

- The **Temerty Discovery Centre**, a state-of-the-art facility opening in late 2027, will be dedicated to housing CAMH's groundbreaking research.
- The **Waverley House Secure Care & Recovery Building**, opening in 2029, will replace our current facilities for patients with complex mental illnesses who have encountered the legal system.

Upcoming Construction Activities:

- At **Temerty:** Exterior work is nearing completion, with cladding, roofing, and curtainwall installation advancing toward a fully weather-tight building. Inside, major finishing work, including flooring, drywall, ceilings, and millwork is transforming the space into a functional and welcoming environment. Landscape and civil works are also progressing as the site's final exterior appearance begins to take shape.
- At **Waverley House**: Structural steel work continues through the end of the year. Crews are focused on roofing, brickwork, window installation, and exterior cladding as construction advances. Heritage restoration work continues on the historic wall along Shaw Street and the heritage shed, including roof repairs. Sidewalk and roadway work will start at Shaw and Adelaide.

Cranes are Coming Down:

- The South Waverley House and South Temerty cranes will be dismantled before the end of the year. This milestone signifies a huge step towards completion of both projects.



An “Oasis for CAMH”: Spotlighting Shkaabe Makwa’s Medicine Garden

Behind 60 White Squirrel Way in Shkaabe Makwa’s Ceremony Grounds lies the Medicine Garden, honouring the knowledge of Indigenous ancestors.

Shkaabe Makwa (meaning Spirit Bear Helper) is Canada’s first Indigenous-led, hospital-based center dedicated to improving the health, mental wellness, and health justice of First Nations, Inuit, and Métis communities.

At CAMH, pathways to recovery for First Nations, Inuit, and Métis clients prioritize cultural and spiritual practices. One of these practices, particularly for First Nations peoples, is the use of the Four Sacred Medicines: **tobacco**, **sage**, **cedar**, and **sweetgrass**. These healing traditions originated centuries ago, have been passed down through generations, and continue to be used today.

The Medicine Garden is more than a place where sacred plants grow. Rooted in traditional healing practices, it offers CAMH patients an opportunity to reconnect with the land while strengthening their relationship with Indigenous healing practices.











Although the garden is small, it has a profound impact. Shkaabe Makwa Social Worker, Christian Wells, shares some of his experiences in the garden with patients.

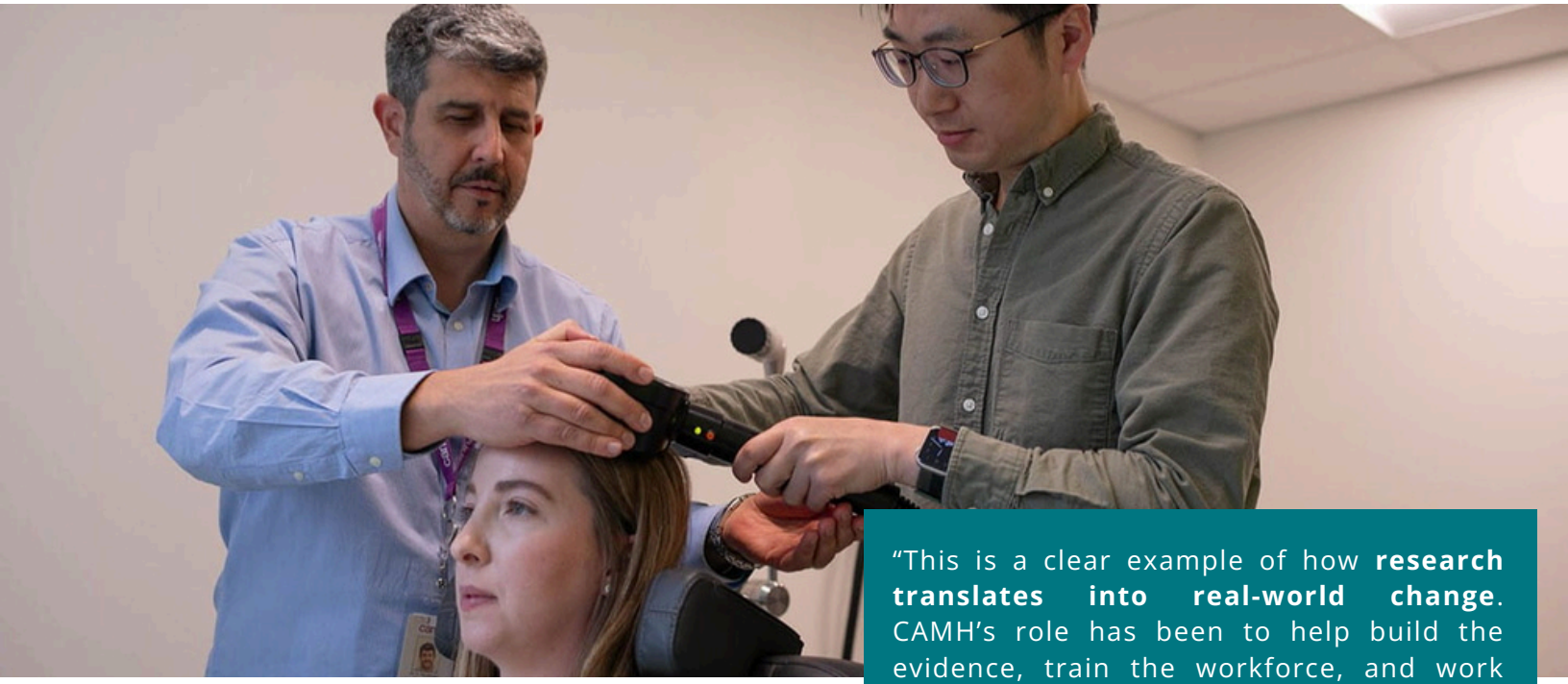
“Inviting patients to help create, care for, and maintain the Medicine Garden gives them a sense of responsibility and contribution. Many of the people we work with may not have jobs, so they do not always have opportunities to see the impact they can make.

The garden is something tangible they can point to and say, ‘I helped create this.’ They see plants grow through the summer and become medicines that can be used in ceremony, shared with others and accessed by future patients. It is a lasting reminder that their contributions matter.”

*– **Christian Wells**,*
Social Worker, Shkaabe Makwa

Scan to learn about the **Medicine Garden**:

From Research to System Change: CAMH Helps Advance Province-Wide Expansion of rTMS



CAMH's research and advocacy is helping more Ontarians access repetitive transcranial magnetic stimulation (rTMS), an evidence-based treatment for adults living with treatment-resistant depression.

This summer, we announced funding support from the provincial government to **expand rTMS** in Ontario. CAMH is **providing treatment** in the Toronto region and **trains providers across the province** to support safe, consistent care.

rTMS uses magnetic pulses to stimulate areas of the brain involved in mood regulation. For **CAMH Patient Shelley Roberts**, **rTMS changed her life** after more than 20 years of trying other treatments. "rTMS was the treatment that finally gave me that relief," Shelley says. "It gave me my life back, and it gave me a plan for staying well."

Through research, clinical expertise, and partnerships accross the province, CAMH is helping more people access treatment and find hope for recovery. With the opening of the **Temerty Discovery Centre** next year, we will continue advancing breakthroughs in mental health and addiction care.

"This is a clear example of how **research translates into real-world change**. CAMH's role has been to help build the evidence, train the workforce, and work alongside Ontario Health and the Ministry of Health to embed rTMS into the broader mental health system.

CAMH is proud to have helped change lives across Ontario, and **we will keep doing this work so more people can find hope and feel better**."



— Sarah Downey,
President and CEO of CAMH

Scan here for the full press release to learn more about rTMS research and care:

Myles' Coast-to-Coast Journey Raises over $50,000 for CAMH



At 40 years old, **Myles Dininio** turned a 22-year dream into reality by **running 8,000 km** from **Newfoundland** to **British Columbia** in support of CAMH. Inspired by personal experiences with mental health and loss, he created **Myles Across Canada** through CAMH's do-it-yourself fundraising platform, **Own It**. We are proud to celebrate his impact as he surpassed his fundraising goal, raising over **$50,000** for CAMH to advance mental health care, research and hope for people across Canada.



Sharing hope one note at a time

A few simple words can change someone's day and remind them they're not alone. We invite you to share your **Hope Note**: a **heartfelt message** to offer **comfort** and **strength** during people's most difficult moments. More than **2,000 messages** have been shared by people across the country.

Scan the QR code and add yours to help turn hope into action for people receiving care at CAMH:

Scan to register:

With so much competing for your attention, it can be hard to switch off. How do you manage the pressures you can't always control? What's the difference between stress and anxiety? And how do you know when it's time to seek help?

On **November 20**, join us for an online conversation with a **CAMH mental health expert** to learn **tools** and **techniques** to manage stress, understand how stress and anxiety affect us, and have the opportunity to ask questions during the **anonymous live Q&A.** Scan the QR code to register today.

Continue the conversation online

Get our latest community and redevelopment news at **camh.ca/neighbours** and **camh.ca/redevelopment**.
Send your feedback on redevelopment to **redevelopment.feedback@camh.ca**.
To join our local community email list, please connect with **communityevents@camh.ca**.

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