

**Memo #16**

Date: January 28, 2020

To: Simcoe Muskoka Catholic Elementary Teachers

Re: Bell Let's Talk; OTIP Walk into Retirement; Education Town Hall;

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**Bell Let's Talk – Wednesday, January 29<sup>th</sup>**

It's a fact, one in five Canadians will suffer from mental illness at some point in their lifetime. One of the biggest hurdles for anyone suffering from mental illness is overcoming the stigma. It is the number one reason why two-thirds of those living with a mental illness do not seek help.

Mental illness is a very common form of human pain and suffering. Being a good listener and asking how you can help, sometimes just even being there for people you care about, can be the first step in recovery.

**On January 29<sup>th</sup>, Let's Talk**

Bell will donate 5¢ more to mental health initiatives for every:

- Text message sent
- Mobile & long distance call made
- Tweet using [#BellLetsTalk](https://twitter.com/BellLetsTalk)
- Share of the Facebook image
- Watch Bell Let's Talk video on Instagram
- Send a snap using the Bell Let's Talk filter

For more information visit: <http://letstalk.bell.ca/en/>

To download the Bell Let's Talk Toolkit go to: <http://letstalk.bell.ca/en/toolkit> you will find the Conversation Guide, and Tools for teachers and students (more suited for older students), and Bell Let's Talk Stickers to share.

I encourage every OECTA Simcoe Elementary Muskoka Member to participate in this very worthwhile and important event throughout the day on January 29<sup>th</sup>.

## **OTIP Walk into Retirement**

### **Retiring in the next five years and have questions about retirement benefits & finances?**

OTIP and OECTA Simcoe Muskoka invite you to attend the Walk into Retirement with a Plan workshop.

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#### **During this workshop, you'll learn about:**

- Retirement benefits for life – discover why OTIP is now the leading choice for plan flexibility regarding retirement health, dental and travel benefits
- Your Pension – OTPP and/or OMERS
- Other sources of retirement revenue, including CPP and OAS

This complimentary workshop is open only to members and spouses. A light dinner will be served. Please note any dietary requirements at time of registration.

**Date: April 30, 2020**

**Time: 4:30 to 7:30 pm**

**Location: Liberty North Banquet Centre, 100 Caplan Ave. Unit 1, Barrie**

#### **Education Town Hall**

All are welcome to join MPP Marit Stiles, Education Critic for Ontario's Official opposition, for an important meeting on Thursday, February 27<sup>th</sup> to discuss the impact of Doug Ford's education cuts on our children, families, and educators.

MPP Marit Stiles has fiercely challenged the Ontario government on every single regressive decision that they have made, and we see the impact.

We want to hear from you. Share your stories, concerns and issues.

For more info: <https://www.facebook.com/events/2847427778659371/>

To RSVP and reserve a seat:

<https://barrie-education-town-hall-with-mpp-marit-stiles.eventbrite.ca>

**If you have any concerns, please contact the Unit office at 705-733-9625 or 1 800 558 4815**