



We Have Made Incredible Strides

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12 years ago, I was invited to a community where I was asked to speak about mental health. The event took place at 7:00 pm in the library of a school. At 7:05 pm I had two people in my audience, and they were the janitors. I am pretty sure that they just didn't want to work lol.

At the time, most people weren't comfortable walking through the doors of an event where mental health was the focus.

Fast forward to today, and we have made incredible strides. That in large part, is thanks to you.

I just returned from speaking at a community event, and there were a lot more than two people :)

What blew me away is how many organizations and individuals rallied together to make this event happen. The local newspaper even made an appearance.

When I checked in at the hotel, I was passed the bill and read the words 'No Charge'. I looked up, and the woman from behind the counter smiled, informing me that they wanted to cover the fee of my room to show their support of mental health.

Thankfully, I had a few prints from my friend, Simone McLeod, in the car to gift her team.

Thank you, Yorkton Home Inn & Suites, for your generosity and support.

Thank you to the city of Yorkton for hosting this event titled, 'You are Not Alone'. Your actions demonstrated that we are indeed stronger together. <https://allankehler.com/>