

July 29, 2022

## Honouring Michael Lalande

On June 18<sup>th</sup>, the 3<sup>rd</sup> annual memorial golf tournament was held to honour Michael Lalande. His family and friends came together to celebrate his life and to honour his memory. In doing so, they also raised awareness about suicide prevention and mental health.

This year, Lanark, Leeds and Grenville Addictions and Mental Health (LLGAMH) was once again honoured to be the beneficiary. Recently, Michael's sister Amanda Fitzgerald and her family presented a cheque for \$12,597 to LLGAMH Acting CEO Kim Gifford. Wow! The money will be used to support client needs and activities.

Amanda Fitzgerald says it's important to talk about mental health and to support one another: "We need to start talking about it – screaming it from the rooftops. Everyone is human, we all have emotions."

"We are so grateful to Michael's family for raising awareness about mental health and for giving back to our Agency," sums up Kim Gifford, LLGAMH Acting Co-CEO. "At LLGAMH, our vision is to provide the right care, at the right time, in the right place. Special events such as this golf tournament help to amplify that message. Thank you for your generosity!"

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Cutline: At the cheque presentations ceremony are (back row) Shawn, Kim Gifford (LLGAMH Acting Co-CEO), Amanda and (front row): Ryleigh and Keeghan.



Cutline: From left to right are Amanda, Keeghan, Ryleigh, and Shawn.

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