

BAL

des LUMIÈRES

United for mental health

Douglas
FONDATION
FOUNDATION



FONDATION DE
L'INSTITUT UNIVERSITAIRE
EN SANTÉ MENTALE
DE MONTRÉAL

FONDATION
**JEUNES
EN TÊTE**

#BALDESLUMIÈRES

WELCOME TO QUEBEC'S LARGEST FUNDRAISING EVENT FOR MENTAL HEALTH



Thank you to the co-chairs of this event



G R O U P E C H





PRIME MINISTER • PREMIER MINISTRE



JUSTIN TRUDEAU

Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in the 4th Bal des lumières in Montreal.

The past two years have presented us with many challenges, and they have been especially difficult for people struggling with mental health issues. That is why I am certain that everyone in attendance will take satisfaction in knowing that their generous contributions will support the Fondation Jeunes en Tête, the Douglas Mental Health University Institute Foundation and the Fondation de l'Institut universitaire en santé mentale de Montréal in their important work.

I would like to commend all those involved with the three foundations for their dedicated research, their efforts to break down stereotypes and prejudices, and their commitment to providing patients with treatment and care that promotes both their mental and social well-being.

On behalf of the Government of Canada, I offer my best wishes for a most memorable evening and for every success in meeting your fundraising goal.

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada

MESSAGE FROM THE MINISTER OF HEALTH AND SOCIAL SERVICES



CHRISTIAN DUBÉ

The Bal des lumières, now in its fourth iteration, once again provides us with a golden opportunity to come together around a crucial cause—the mental health of Quebecers. Previous editions of the event have all met with resounding success. It only proves how deeply we are all affected by this important societal issue and that we are willing to move mountains to support individuals in distress and help prevent mental illness.

I would therefore like to express my heartfelt gratitude to the people who organized this fundraising event and our gracious benefactors for their support and generosity.

In recent years, Quebec has shown great leadership in matters of mental health. We have made mental health a priority. We have taken concrete action to improve access to services for all those, including the most vulnerable in our community, whose lives have been affected. We can be proud of our achievements. Our objective now is to make it possible for those individuals to thrive. We do so in collaboration with an extraordinary team of experts, social workers, and community organizations.

Let this evening be an opportunity for all of us to join forces in a show of solidarity that sustains our common cause for many years. In closing, I would like to extend my thanks to the Douglas Mental Health University Institute Foundation, the Fondation de l'Institut universitaire en santé mentale de Montréal, and the Fondation Jeunes en tête for their incredible work. On this night of light and unity, I invite you to lend your support to this wonderful cause.

Have a magical evening and a dazzlingly bright Bal des lumières!

Christian Dubé

Québec 

MESSAGE FROM THE ASSOCIATE MINISTER OF HEALTH AND SOCIAL SERVICES



LIONEL CARMANT

The Bal des lumières stands as eloquent testimony to the importance of mental health services to all Quebecers. The initiative brings together the three most prestigious foundations in this field and has successfully mobilized the community over the last few years to champion a cause we all hold very dear.

Thanks to the tireless effort of these organizations to raise awareness in recent years, Quebecers are coming to understand how people with mental disorders, and those who experience symptoms of mental illness, are affected. The awareness campaigns have helped break societal taboos and strengthened the support networks for vulnerable individuals. But we can't stop now—we must stay the course.

The Bal des lumières was created to further that goal: to bring members of the community together, work concertedly to advance the cause of mental health, and provide people in distress with the very best in accessible, quality support services. This is how we will make Quebec a place where everyone—especially our young people and children in difficulty, whose future well-being and mental health depend on their optimal development—can thrive.

So please join us in lending your support to our fundraising event. With your generous help, we can all work together to improve the treatment and prevention of mental illness.

I wish you an enchanting evening filled with light!

Lionel Carmant

Québec 

MESSAGE FROM THE MAYOR



VALÉRIE PLANTE

Photo © Ville de Montréal / Sylvain Légaré

I wish everyone gathered for this fourth Bal des lumières a most wonderful evening.

Under the leadership of the Douglas Foundation, the Fondation de l'Institut universitaire en santé mentale de Montréal and the Fondation Jeunes en Tête, this event clearly demonstrates that joining forces produces impressive results. In that regard, I would like to reiterate my sincere congratulations for the \$4.5 million raised since the creation of the Bal in 2013.

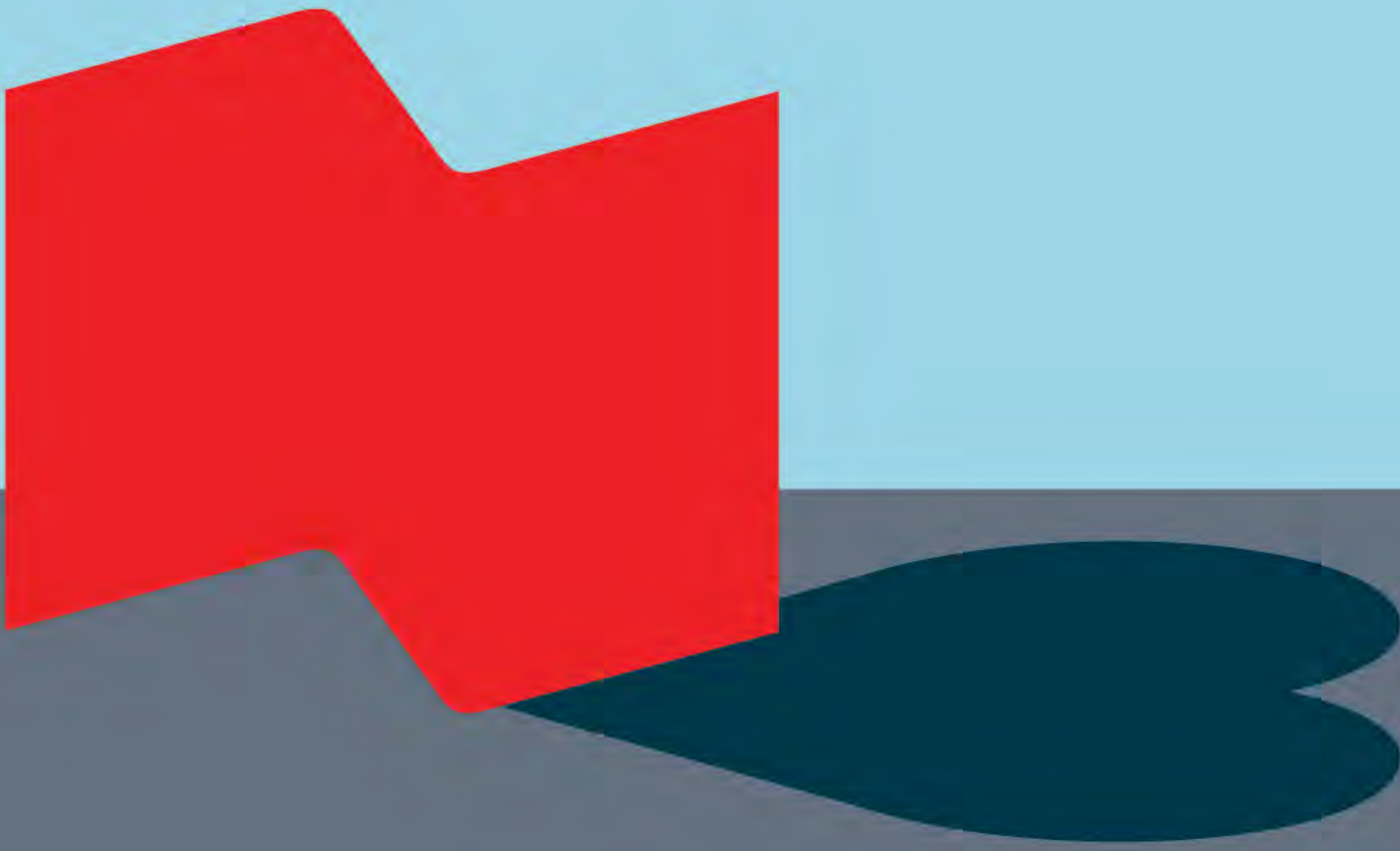
Thanks to the money raised during the Bal des lumières, the three foundations are able to take a variety of promising actions, particularly in prevention, innovative treatments, quality care and research. And because these actions affect children, adolescents, adults and seniors alike, tonight's event has a major impact on the lives of our communities.

The importance of the Bal des lumières also lies in the fact that it helps to combat prejudices about mental health. This mobilization is a strong gesture to end the stigmatization of people with mental health disorders.

I wish you a memorable evening and a successful Bal des lumières!

Valérie Plante
Mayor of Montreal

Montréal



**At the heart of
the community**

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LAURENT FERREIRA

President and Chief
Executive Officer

National Bank is pleased to once again partner with the Bal des lumières and reiterate its support for the cause. This wonderful evening is also a unique opportunity to come together to raise funds and make a real difference for thousands of people and their loved ones. Your attendance and generosity are crucial in taking action to advance mental health.

At National Bank, we're committed to having a positive impact on peoples' lives. We're putting people first because taking care of people is essential to building a successful society. We're proud to support the joint efforts of the Douglas Mental Health University Institute Foundation, the Fondation de l'Institut universitaire en santé mentale de Montréal and the Fondation Jeunes en Tête.

As an employer, we are dedicated to offering a work environment that fosters and promotes all dimensions of health. We contribute to efforts to destigmatize mental illness by promoting an inclusive approach focused on listening, communicating and showing goodwill. A number of resources are also made available to our employees and their families.

We've taken on this challenge as a team, but we still have work to do. Thank you all for coming out tonight and joining our collective effort.

Have a great evening!

Laurent Ferreira

Proud to support
the Bal des lumières and
many other mental health
initiatives across
the country.





MIRKO BIBIC

President and
Chief Executive Officer
BCE and Bell Canada

This 4th edition of the Bal des Lumières promises to be memorable. Not only are we raising funds for Québec's leading mental health organizations - the Douglas Foundation, the Fondation de l'Institut universitaire en santé mentale de Montréal and Fondation Jeunes en Tête - this evening allows us to collectively spread hope and reach historic heights of support for those affected by mental illness.

Mental illness is one of the most worrisome health problems today, affecting at least one in five Canadians, likely more with the disastrous consequences of the pandemic.

Misunderstanding, stigma and underfunding have long been attached to mental health issues. Tonight, we come together to both break down the stigma surrounding mental illness and to provide financial resources for research and improved treatment and care.

For 12 years, Bell Let's Talk has been advancing this cause for the benefit of all Canadians as well as our Bell team members. And we will continue to do so, because we are confident of progress in mental health, through both research and access to innovative supports and services.

I would like to thank my Co-Chairs Laurent Ferreira, Julie Godin, Jacques Goulet and Geoff Moison for their outstanding dedication and leadership on mental health issues. We all have a role to play in making a difference.

And to all of you who are here with us tonight, please know that you are sowing the seeds of hope for a better future for all people affected by mental illness. Thank you!

Mirko Bibic



Fostering a sense of belonging

CGI is proud to support the Bal des lumières to shed light on mental health issues. From our headquarters here in Quebec to our 400-plus locations around the world, we are committed to building more inclusive communities.

Learn more at cgi.com/csr

CGI



JULIE GODIN

Co-Chair of the Board,
Executive Vice-President,
Strategic Planning and
Corporate Development

Good evening and welcome to the fourth edition of Bal des lumières, Quebec's largest mental health gathering. Mental health impacts us all, it knows no age or boundary, but there is one common denominator: breaking the silence.

Mental health is not a one-day-a-year issue, it is an ongoing concern. This is why I am proud that CGI is partnering with three Quebec foundations whose excellent work I salute: the Douglas Foundation, the Fondation de l'Institut universitaire en santé mentale de Montréal and the Fondation Jeunes en Tête.

This cause has been particularly dear to my family and I for many years. It is and will always be part of our personal and professional priorities. My fight, my contribution is to remind everyone I work with of the importance of having a well-balanced life. We must not hesitate to break the silence, because communicating means extending a hand to people in distress.

With the uncertainty, stress, isolation and anxiety that we have all faced these past few years, it is all the more necessary to be mindful. However, let's not forget that in order to take care of others, we must take care of ourselves first. As leaders, it is our responsibility to remember that no one is invincible, no one is immune.

At CGI, we acknowledge the importance of psychological, physical and mental balance. We work daily to create an environment that is conducive to the well-being of our professionals and the communities in which we live and work.

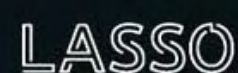
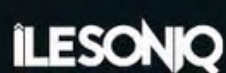
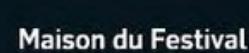
Thank you to all of you here tonight, as well as the honorary co-chairs, for your continued support of this great cause.

Have an excellent evening!

Julie Godin



GROUPE CH
IS PROUD TO SHED
SOME LIGHT ON
THE CHALLENGES
OF MENTAL ILLNESS.



G R O U P E C H



GEOFF MOLSON

Owner, president and CEO,
Club de hockey Canadien,
Centre Bell and evenko

It is an honor to once again serve as co-chair for this long-awaited fourth edition of The Bal des lumières, which we are pleased to be hosting at the Bell Centre. Much has changed in our society since we were last gathered here for the third edition of the event in 2019. The pandemic has changed our lives immeasurably, but it has also provided us with perspective and an opportunity to reflect on what we value most. It has reinforced the importance of banding together as a community and supporting those in need.

The last few years have also highlighted the importance of mental health. While we haven't been able to gather together in person for this event over the last few years, the foundations supported by the Bal des lumières have continued working tirelessly in their respective missions during that time, doing incredible work across the province to build awareness and provide treatment, research and care while decreasing the stigma associated with mental illness.

Those who suffer need not do so alone. Together we can provide a beacon of hope during someone's darkest days.

To those who are joining us here tonight and those who have contributed to the cause, thank you for your generosity and your unwavering support. We are proud to be able to welcome you to the Bell Centre for this special evening.

Enjoy the night!

Geoff Molson



Sun Life

Life's brighter under the sun

Investing in our people's mental health

SUPPORTING A HEALTHY AND SUSTAINABLE FUTURE FOR QUÉBEC

Sun Life is committed to support mental health services for everyone in Québec. By joining forces with our partners, we provide meaningful support and help Quebecers, youths and adults alike, to live a healthier, brighter life.



JACQUES GOULET

President,
Sun Life Canada

Four in ten people report worsening mental health since the pandemic began. We can expect the effects to be felt for years to come.

We have a duty to take action. That's why I agreed to serve as honorary co-chair of the Bal des lumières. Your presence here this evening speaks to your commitment to building strong, healthy communities together. My sincere thanks for your support.

Investing in mental health is vital for a healthy and sustainable future. The work being done by the Institut universitaire en santé mentale de Montréal, the Douglas Institute and the Fondation Jeunes en Tête has far-reaching impacts. By joining forces, we can ensure that everyone has the tools to live to their full potential.

Together we can build a more resilient world.

Jacques Goulet

Tonight, **make the Gift of Hope**
and get a chance to win two round-trip
business class tickets, courtesy of



FONDATION
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FOUNDATION

Participation prize, valid for unique
donations of \$1,000 or more.

[Click here to enter!](#)

United for mental health

For more than a century, the Douglas Institute has led the fight against mental illness, through groundbreaking scientific findings and concrete clinical solutions.

We at the Douglas Foundation are proud to support initiatives that not only further the understanding of mental health, but also integrate new findings into current patient care.

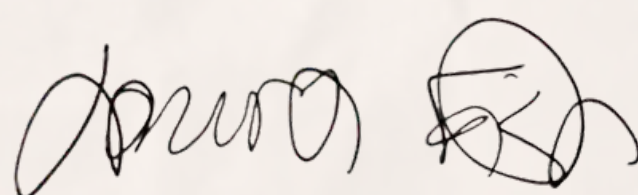
Our Psychotic Disorders Program provides highly specialized services to people with schizophrenia and other forms of psychoses, while research done by the Prevention and Early Intervention Program for Psychosis increases our knowledge about the nature of these disorders and evaluates the implementation of new treatment tools and approaches.

Our Centre for Translational Research on Mood Disorders and Suicide draws on such sophisticated infrastructures as the Molecular and Cellular Microscopy Platform, and the unique Douglas-Bell Canada Brain Bank, home to over 3,500 brains.

Through the generosity of our donors, we at the Douglas Foundation will continue to lead the mental health community both locally and internationally, and strive to give hope to people at every stage of their lives.

A handwritten signature in black ink, reading "Maude Leblond".

Maude Leblond
Chair of the Board
of Trustees

A handwritten signature in black ink, reading "Laura Fish".

Laura Fish
President and Chief
Executive Officer

For 40 years now, the Fondation de l'Institut universitaire en santé mentale de Montréal has supported universal access to specialized mental health care and the development of clinical research.

Clinical research, art therapy, pet therapy, supporting back to school and back to work projects, providing a food bank: the projects supported by the Foundation go beyond the treatment of the illness. Supporting the individual in his or her journey, facilitating reintegration into the community and avoiding a break with family, employers and social ties are some of the factors that are essential in the journey towards recovery and that have represented quite a challenge in recent years...

As we all know, the pandemic has had a profound effect on our daily lives. Some people who were already affected by a mental health issue have seen their condition worsen. Others, shaken by this new reality, are still trying to regain their balance.

Collectively, we have come to realize that it is high time to stop the stigma, to unite, to talk about it! This is precisely why we are here tonight, and to allow those who need it to find the light.

Thank you for being here tonight, and for supporting the cause of mental health!



Martin Gagnon
Board Chair



Carole Morin
Executive Director

When we got together for the last edition of the Ball, we had no idea that the pandemic was going to turn our daily lives upside down. The teenagers, many of whom have lost their usual bearings, have not been spared. According to a recent study, 50% of young Quebecers currently suffer from symptoms related to anxiety or depression.

To respond to this growing distress, the Fondation Jeunes en Tête has doubled its impact by adding a second prevention workshop to the one already offered free of charge in Quebec's high schools. We also offer virtual kits for young people, their parents and school staff. Developed by experts, these kits help strengthen the safety net around our young people.

For nearly 25 years, we have met 1.3 million young people, which represents an entire generation aware and better equipped in mental health. Your participation contributes concretely to the well-being and balance of the adults of tomorrow. On behalf of the 50,000 teenagers we meet each year and the thousands we help with our kits: a big THANK YOU!



A stylized, handwritten signature in blue ink, consisting of a large 'E' followed by a series of loops and a final flourish.

Éric Bujold
Board Chair, President



A handwritten signature in blue ink that reads 'Mélanie Boucher' in a cursive script.

Mélanie Boucher
Executive Director



EVENING



Hosting: Marie-Claude Savard



Interviews: Meeker Guerrier



Veranda



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Illuminating the world, one act at a time.

Scotiabank is proud to sponsor
the Bal des lumières in support
of mental health in Quebec.

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BAL des LUMIERES

UNITED FOR
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Way to *Rise.*

*Driving positive change,
celebrating each moment,
and empowering all to Rise*

BGIS

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Protecting your mental health, is as
important as the rest

Protéger sa santé mentale, c'est aussi
important que le reste

GOVERNORS CIRCLE

Good people
have you
covered.

Beneva, Proud partner
of Bal des Lumières

beneva



Together for health

Proud to support
the Bal des
lumières



GOVERNORS CIRCLE



CAE is proud to support
the Bal des lumières.
Together, let's foster
mental health.



Learn more about CAE's commitment to
social responsibility by scanning this QR code.

CAE



**AIR CANADA
FOUNDATION**

Mental health is an
important cause to
Air Canada and the
Air Canada Foundation.



**We are proud to support
the Bal des lumières 2022.**

GOVERNORS CIRCLE

**mccarthy
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**Mental health is
everyone's concern.**

McCarthy Tétrault is proud to
support the **Bal des lumières 2022**
benefiting three foundations
dedicated to building better
mental health.



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**THANK YOU TO OUR VOLUNTEERS FOR THEIR PRECIOUS
CONTRIBUTION TO THE SUCCESS OF THIS EVENING.**