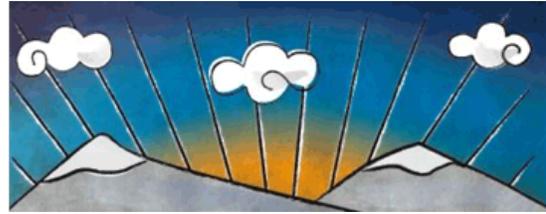


THE Kelty Patrick Dennehy FOUNDATION

Preventing Depression Related Suicide in Young People



April 30 2013

Message from the President

It has been a very busy yet exciting time as we get ready for our "ENOUGH is ENOUGH Making a Difference for Mental Health" 8,000 km bike tour leaving Whistler on May 12th at 9am from Meadow Park, to arrive in Cape Spear, Newfoundland on Aug 11th. The planning and preparation has been very intense since we only gave ourselves less than 5 months to pull this together.

I am so proud and pleased of all our sponsors, contributors and volunteers who have come on board to make this adventure the success we are hoping it to be.

How do you measure success of this project? You can measure that in many ways, by the amount of money you raise, the amount of media attention you get, or you can measure it in helping that one person realize that they are not alone and that there is help along the way.



Our "lofty" goal is to raise enough money so that every province and territory can have a Kelty Mental Health Resource similar to the one at BC Children's and soon to be new one at the HOPE Centre at Lions Gate Hospital. As we go across the country we want the money that we raise to stay in that province to help with their challenges with mental health, especially depression. We are going to work with key organizations in that province so we can learn and understand where best the money can be used. Our main goal though, is for every province to have the opportunity of what we have in BC, a Kelty Mental Health Resource Centre.

May 12th is significant for me personally as it not only is Mother's Day but is also the day my book that I wrote will be released. The book is called *Choosing Hope - A Mother's Story of Loss love and Survival*. This book was one of the hardest things I have done since the loss of my two beautiful children, Kelty and Riley. I wrote the book for one reason only: to help others. I believe in life you might not have a choice in what happens to you but you do have a choice in how you are going to deal with those things. I hope this book gives people the strength to know that no matter what happens you can go on.

I thank you all for your support. I hope that you will follow us on our journey through twitter, facebook, our web site as well as the blog in the PIQUE and the Vancouver Sun websites, and share the postings and website with your friends and family across the country. The Resort Municipality of Whistler is planning a welcome home party for us on August 29th. Please check out our web site to find further details on that.

Until then..... let's all keep safe and ride on!!!

Ginny Dennehy, President
The Kelty Patrick Dennehy Foundation

GOLDCORP presents
ENOUGH is ENOUGH

Making a Difference for Mental Health
thekeltyfoundation.org

CROSS CANADA - 8,000 km May 12 - Aug 29 **Come out and join us!**

We're extremely excited to launch the ENOUGH is ENOUGH Ride campaign this May.

From May 12 to August 29, 2013, Ginny and Kerry Dennehy will be taking their message of supporting mental health across Canada with an 8,000 km bike ride, from Whistler to Cape Spear.

Established to end the stigma associated with mental illness, and a lack of care for sufferers, the ENOUGH IS ENOUGH ride aims to raise \$1 million as part of the \$6.7 million needed to create a Kelty Mental Health Resource Centre in every province and territory in Canada.

Along the way, Ginny and Kerry will host fundraisers, awareness campaigns, and talks in more than 65 communities.

Each pedal is saying ENOUGH IS ENOUGH to:

- * Not having enough resources for sufferers of mental illness;
- * Not treating the illness as a disease, as we do other illnesses;
- * The stigma attached to mental illness;
- * Mental illness claiming the lives of our friends, family, and community members.

You can keep up to date with the journey by reading [Kerry's blog](#) about the adventure. To find out if the ride is coming to your community, or how you can donate, [visit our website](#).



Don't forget! The official launch party kicks off on **May 4 at Buffalo Bill's in Whistler**. With luxurious silent auction items, live music, lobster appetizers, and speeches from Ginny and Kerry, it promises to be an uplifting, exciting event. We still have some spaces left! [Purchase your tickets here](#).

We've secured special rates at the following properties.

The Fairmont Chateau Whistler

Special rate: \$129/night for Fairmont or Deluxe
 Promo code PEIE.
 TEL 1-604-938-8000 or 1-800-606-8244
<http://www.fairmont.com/whistler>
 4599 Chateau Boulevard

The Crystal Lodge

Special rate: \$97/night - Traditional Room
 TEL 1-604-932-2221 or 1-800-667-3363
 Quote: Enough is Enough event
<http://www.crystal-lodge.com>
 4154 Village Green

Please confirm cancellation policy with each property.

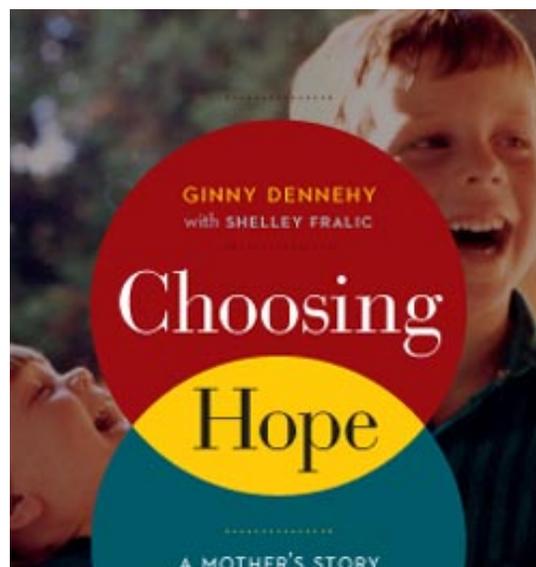


Choosing Hope: Ginny's First Book Published This Spring

This May, Greystone Books launches Ginny Dennehy's first book: *Choosing Hope: A Mother's Story of Love, Loss and Survival*. This is the candid and inspiring story behind The Kelty Patrick Dennehy Foundation and Ginny's journey to date.

As many newsletter readers know, in 2001 Ginny's world turned upside down when her 17-year-old son Kelty committed suicide, no longer able to cope with his crippling depression. *Choosing Hope* takes readers through Ginny's years as a young bride and mother, the joy she experienced in raising her two children, the agony of losing them both, and the decision to dedicate her life to their legacy.

An ideal story for parents, health care workers, and teens themselves, this chronicle conveys the message that even in the wake of overwhelming emotional trauma, there is hope.



All Ginny's royalties will be donated to the ENOUGH is ENOUGH campaign and The Kelty Patrick Dennehy Foundation.

You can buy the book from [all major retailers](#), on- and offline, or find a [book reading](#) near you.



Ginny Dennehy Receives Queen's Diamond Jubilee Medal

Ginny was honoured to receive the Queen's Diamond Jubilee Medal this January, in recognition of her leadership within the BC Community.

Premier Christy Clark in Vancouver presented Ginny with the medal, in a ceremony with just 84 other British Columbians.

"As pillars in our communities we find their leadership inspirational, and this medal is a symbol of our gratitude," said Clark.

The Queen Elizabeth II Diamond Jubilee Medal honours significant contributions Canadians have made to their country. It is one of the accolades we have been delighted to see Ginny presented with this 2012/2013. Ginny was also named recipient of the annual Waugh Award from Canadian artist Eric Waugh for her work in depression, winner of the national CASP Suicide Prevention Merit Award, and - most recently - winner of the 2012 YWCA Woman of Distinction for Community Building.

Such awards not only recognize the work done by Ginny and The Kelty Patrick Dennehy Foundation but also show the importance of improving mental health resources in Canada.

We are delighted that more people are speaking out against the stigma of mental illness. You too can share this message. [Visit our ENOUGH is ENOUGH site](#) to find out how.



FOR MORE INFORMATION CONTACT KERRY or GINNY DENNEHY
The Kelty Patrick Dennehy Foundation | info@thekeltyfoundation.org | <http://www.thekeltyfoundation.org>

Donations are gratefully accepted. Tax receipts are issued.
Cheques should be made out to "The Kelty Patrick Dennehy Foundation".

Make a donation on-line.

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