



## Fondation Aquarium Foundation

*Fondation psychanalytique pour le bien-être des enfants et des jeunes adultes*

*Psychoanalytic Foundation for the Well-Being of Children and Young Adults*

### **News Letter No. 2**

March 30<sup>th</sup>, 2020

Dear Members,

We are going through strange and difficult times.

#### Dianne Casoni, PhD

The first News Letter dated October 2019 started by welcoming Dr. Dianne Casoni on the Board of AF and as treasurer on the Executive committee. I would never have thought that this News Letter would start with the announcement of her passing away. Dr. Casoni died from complications of an acute pneumonia on February 3<sup>rd</sup>. Dianne took an immediate valuable place in our organisation. She sat on the Fundraising and Bylaws committees and had accepted to chair our important First Nations' committee.

Dianne made an immediate difference on both the functioning and the spirit of the Executive committee thanks to her remarkable intelligence, experience and personality. We are still stunned. The Foundation made sure to expressed its sympathy to the family appropriately.

#### Covid19

Covid19 hit us all in drastic personal and professional ways. Akin to all other organizations, AF is relying on remote communication and voting as well as ZOOM meetings. The need in the field of Mental health is enormous and we feel AF has a role which necessities us to remain functional.

Those of us who are therapists or psychoanalysts, we are reflecting with the rest of our colleagues about the impact of the crisis we are presently living on our practice (Which has shifted to phone and confidential secure video apps.) as well as on our young patients and their families.

#### A New Nomination

On the good news, Dr. Lila Amirali, a highly respected psychiatrist and child psychiatrist, Head of the Department of psychiatry at Ste Justine Hospital has accepted to be nominated on the Foundation's Board. Lila's clinical and administrative experience will sure be a major asset for our mission.

## The legal and ethical basis of Aquarium

The past few months have been devoted to building a strong legal and administrative basis for the Foundation for the next decade. A bylaws committee worked many hours at reviewing every single item of the bylaws to adapt it legally and ethically to the work and mission of our organisation. The new bylaws are now ready to be submitted to the Board for approval at its next meeting.

We were also just about to purchase Directors and Officers insurance as well as Errors and Commissions insurance to protect the members and activities of Aquarium, until Covid19 slowed down the process. Since we hope to subsidize direct and indirect mental health services, this kind of insurance was important.

## Fundraising

We have received so far close to 10.000\$ in private donations which allowed us to settle the legal incorporation fees and registration with Revenue Canada as a charitable organisation as well as accountant fees as the Foundation had to submit its first Financial Account Statement to the government.

Donation forms and promotional material in the form of beautiful Bookmarks and Pamphlets are now available. Our Webmaster is also keeping our Website beautiful and impressive.

A wonderful volunteer who has our mission at heart offered to take care of our bookkeeping and other minutia.

We are actively working on an official fundraising major event. We had a promising meeting with a communication company to produce a Press Kit and are expanding our Fundraising committee.

Aquarium was able, with the help of devoted volunteers, to make a submission for funds to « Bell cause pour la cause» and awaiting their response.

## Special Communities

The Ultra-orthodox communities have been severely affected by the propagation of the Covid19. Members of Aquarium are offering time on a volunteer basis to support families and help mental health professionals and leaders of these communities through this trial times. We hope to extend the same to First Nation Communities.

## A word of thanks

It is even more important at these times of adversity that we acknowledge the hard work of all the people. We estimate the number of benevolent hours in the thousands in the past few months. We had a dozen of formal meetings with different people and organisations. Our thanks go to you the members, to our Honorary Members, to Board members, to our legal representative, our accountant, and the many volunteers that gave generously of their heart and time to attend the multiple minutia of our work and obligations. As we are moving to a next step towards a public launch, we need an army of volunteers. If you have time to spare, please tell us. We need your help.

We sincerely wish each one of you, health, safety and wellbeing for you and your loved ones. This is a unique time of a historical crisis as such, it is also an opportunity for solidarity, creativity and expansion of our humaneness.

The Executive Council

Mounir Samy

Susan Baxt

Jennifer Erunza

Mercedes Muhlegg