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# Making Connections

**At CMHA,** our vision is mentally healthy people in a healthy society. We know that reaching out is the first step toward well-being. Making connections with families, groups, decision-makers and **with you,** CMHA is a powerful force for mental health in Canada.

Connect with the Canadian Mental Health Association at [www.cmha.ca](http://www.cmha.ca) for information on mental health issues and services.



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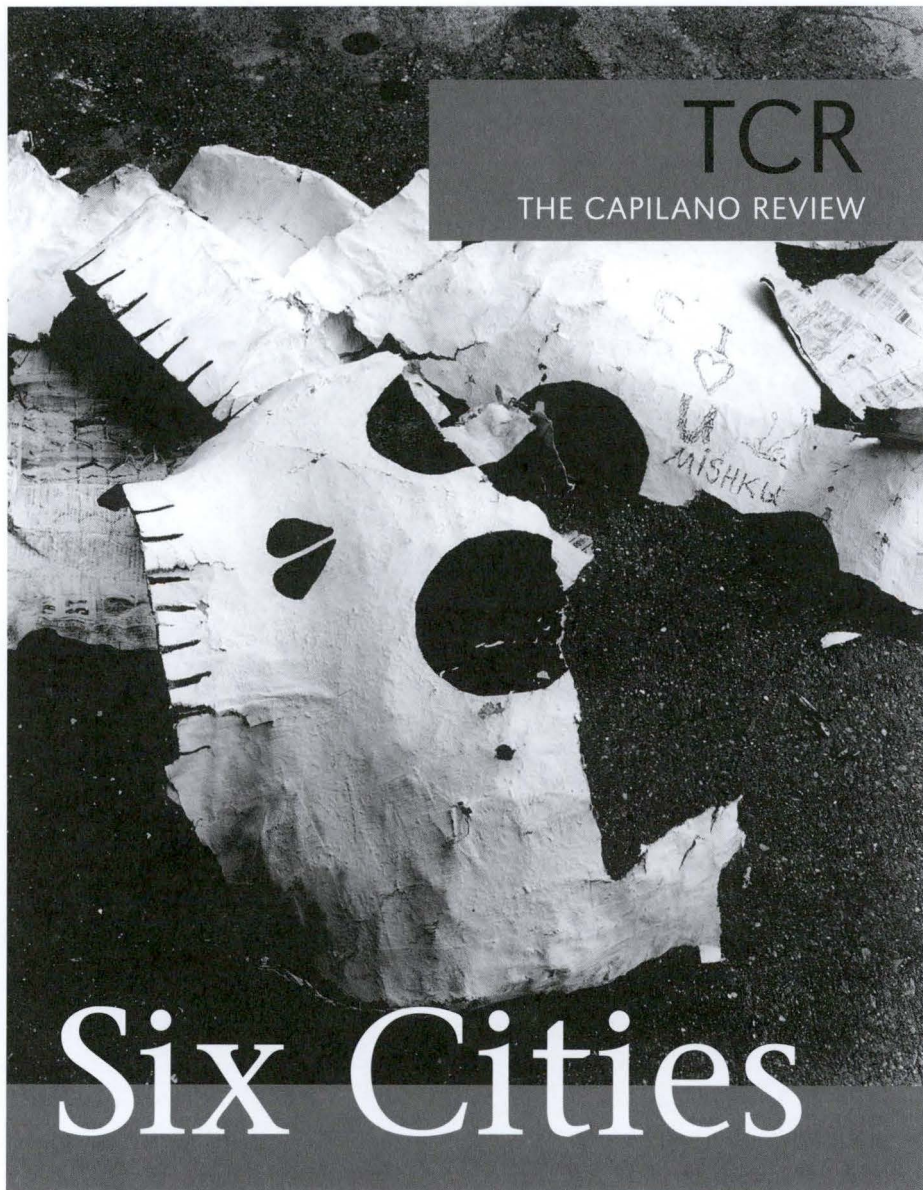
The Emerging into Light symbol of resilience and recovery reminds us of the importance of making connections to ensure good mental health.



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2:47 Fall 2005

ISSN 0315 3754

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# THE CAPILANO REVIEW

*The Capilano Review has, for over thirty years, provided a measure to the innovative and contemporary and a productive site for a generation of literary and artistic boundary walkers. Its editors have provoked and sustained imagination and possibility for a wide range of writers and artists. The TCR is a crucial voice to the continuing surge of west coast and Canadian culture.*

— Fred Wah (February 2006)

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— Erín Moure (March 2006)

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— John Barton

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