



**For immediate release**

Jeans 'n Scrubs is ready to rock for mental health in Waterloo Region!

The fourth annual Jeans 'n Scrubs will take place on Saturday May 7, 2016 at RIM Park. Attendees will experience a great night of dinner catered by Wildcraft and dancing to two live bands with a silent auction all in support of mental health in Waterloo Region. This year's charities are Grand River Hospital, St. Mary's General Hospital, KW Counselling Services and Hospice of Waterloo Region.

Mental health is a state of well-being. It exists when an individual can realize their own potential and can contribute to their community. According to the 2014 Vital Signs Report, more Waterloo Region residents self-rated their mental health as 'fair or poor' than anywhere else across the province or country.

But what if the embrace of a loved one isn't enough to take away all the pain or heal the sadness, change the thoughts and alter the behaviours so often associated with mental illness? It's at these times that the medical community, social service organizations and families must all come together to put our arms around the one in pain and do all we can to restore wellness and hope.

"Grand River Hospital, St. Mary's General Hospital, KW Counselling Services and Hospice of Waterloo Region offer a wide variety of acute and community-based programs to meet the mental health needs of the people of Waterloo Region," said Carol Parsons, Chair of the Jeans 'n Scrubs Committee. "What the organizations all have in common are programs that build resiliency and hope. Programs that are offered before, during and after a crisis occurs."

"We need the community's help to raise funds for these important organizations," says Parsons. "The work they are doing is key and Jeans 'n Scrubs is a really fun way to support them. Tickets are just \$100 each and our event is a casual and comfortable one where guests can grab a beer and rock out in a concert setting designed by The Event Firm."

The presenting sponsor for 2016 is RBC and platinum sponsors include Clintar Landscape Management, Channer's Men's Apparel and Pinnacle Consulting.

For more details about Jeans n' Scrubs and to purchase tickets for this amazing event, please visit [www.jeansnscrubs.ca](http://www.jeansnscrubs.ca)

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