



## **CAPTAIN** Matthew DiCintio, Regional Director of Operations, Ottawa MARANT Construction Limited

MARANT Leaders are encouraged to “*find their personal cause*,” which inspired Matthew’s decision to become involved with The Royal Ottawa Metal Health Centre, as a 2020 **CAPTAIN** for the 13<sup>th</sup> Annual, “**Virtual**” **Leaders for Mental Health Breakfast** taking place on October 7<sup>th</sup>.

“The Royal is one of Canada’s foremost mental health care, teaching and research hospitals. Our mandate is simple: to help more people living with mental illness and addiction into recovery faster. We combine our specialized mental health care, advocacy, research, and education to transform the lives of people living with complex and treatment-resistant mental illness.

Our, affiliated with the University of Ottawa, brings together leading mental health professionals, scientists, and technology to gain a deeper understanding of the brain, and investigate innovative approaches to preventing and treating mental illness.

The Royal Ottawa Foundation for Mental Health raises funds that help support our work. It brings together community leaders and mental health advocates to advance mental health research and education.” (The Royal website – July 2020)

The Royal’s Leaders for Mental Health Breakfast brings together community and business leaders to raise awareness and funds for mental health care and research. The goal of the Breakfast never changes: to share very personal mental health stories to help foster awareness, compassion and understanding. From supporting leading-edge research to purchasing state-of-the-art equipment, donations will provide crucial funding which can enhance patient care and find better ways to treat mental illness. For more information on the important mental health services and research visit

<https://www.theroyal.ca>

Due to the COVID-19 global pandemic, mental wellness has never been more important. We can make a difference for those in our community who are struggling with mental illness by donating to this wonderful and important foundation. Click on [http://support.theroyal.ca/site/TR?fr\\_id=1382&pg=entry](http://support.theroyal.ca/site/TR?fr_id=1382&pg=entry) Donate to Matthew at [www.shorturl.at/atC05](http://www.shorturl.at/atC05).

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