



Premier of Ontario - Premier ministre de l'Ontario

September 21 – 26, 2009

## **A PERSONAL MESSAGE FROM THE PREMIER**

On behalf of the Government of Ontario, I am delighted to extend warm greetings to everyone participating in Self-Help Awareness Week, hosted by the Self-Help Resource Centre.

I believe that compassion is the mark of a strong and civilized society. That is why I would like to commend the Self-Help Resource Centre of Greater Toronto for creating a self-help community — where Ontarians can gather to offer or obtain emotional support, and share experiences that can help others deal with life's challenges.

I extend my sincere thanks to the dedicated members and staff of the Self-Help Resource Centre for their ongoing commitment to enhancing their communities and our province. By providing the tools needed to effect positive change, you are making a tangible difference in the lives of many people.

Please accept my best wishes for a highly successful week and much continued success.

A handwritten signature in black ink, reading "Dalton McGuinty".

**Dalton McGuinty**  
**Premier**