

## MEDIA ADVISORY

### For Immediate Release

September 27, 2017

## Calgary Counselling Centre and Calgary Chamber present Kelly Hrudehy: The competitive advantage in supporting mental health

**CALGARY** – On Thursday, October 5, 2017, the Calgary Counselling Centre and Calgary Chamber will partner to kick off National Depression Screening Day with an address to the business community featuring Kelly Hrudehy.

Kelly Hrudehy and his family are no strangers to the struggles of mental health issues. His daughter, Kaitlin, has grown up battling anxiety and OCD, and now, in her early twenties, is facing a new challenge as she enters the workforce. Hear from both Kelly and his daughter on how the effects of mental health issues shaped their family and the struggles they work to overcome every day.

Media are invited to hear the compelling story of the Hrudehy family as they work to acknowledge and tackle mental health awareness, along with a dynamic discussion on how the conversation on mental health in the workplace can shift and become more open in support of National Depression Screening Day.

**When:** Thursday, October 5, 2017 from 11:30 am – 1:30 pm

- 11:15 am – Media availability
- 11:30 am – Doors open
- 12:15 pm – Program begins
- 1:00 pm – Q&A with Kelly Hrudehy and Kaitlin Hrudehy moderated by Adam Legge

**Where:** Fairmont Palliser – 133 9<sup>th</sup> Avenue SW

**Who:** Kelly Hrudehy, Broadcaster and Sports Analyst for Hockey Night in Canada and a Calgary Flames Commentator, and his daughter Kaitlin Hrudehy

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### To RSVP or to schedule an interview, contact:

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### **About National Depression Screening Day**

National Depression Screening Day (NDS) is an annual community initiative led by Calgary Counselling Centre with the participation of many community and corporate partners. The intent of the campaign is to raise awareness of depression through a free, short, easy-to-complete, and anonymous online screening test, while simultaneously encouraging those with depressive symptoms to seek help.

### **About Kelly Hrudehy**

Kelly is a former NHL goaltender and is currently a broadcaster and sports analyst for Hockey Night in Canada and a Calgary Flames commentator. Since retiring from the NHL Kelly has partnered with his daughter Kaitlin in public speaking to discuss mental health and their personal challenges with it.

### **About Kaitlin Hrudehy**

Kaitlin is 24 years old and has struggled with mental health issues since was 11. She was diagnosed with anxiety and OCD. There have been many highs and lows in the past 13 years, but right now there are more good days than bad. She wants to share her story so others know mental health issues are not anything to be ashamed of and it gets better.

### **About the Calgary Counselling Centre**

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, the Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

### **About the Calgary Chamber**

The Calgary Chamber is a non-profit, non-partisan organization. For 126 years the Chamber has worked to connect Calgary's businesses, help them grow and expand their influence in an effort to make the city an even better place to live and work for all.