

Gladys MacDougall

VOLUNTEER OF THE YEAR

THE TOWN OF ANTIGONISH

Town of Antigonish Volunteer of the Year

The Town of Antigonish is delighted to recognize Gladys MacDougall as the recipient of the 2019 Volunteer of the Year Award!

Gladys is advocate and strong ally for those in our community who struggle with their mental health. She strives to use her skills and resources to create a safe environment where everyone feels welcome. Gladys volunteers with a Mental Health Family Support Group that meets monthly for those who are looking for support when dealing with a family member who suffers from mental illness. Gladys is a certified patients' rights advisor for mental health, she formerly served as a Mental Health First Trainer and is also the longtime Chair of the Creative Wellness Society.

Gladys is the co-founder of the Adult Friendship Corner, a gathering place for individuals to have a friendly chat and cup of coffee when those options do not easily exist for the individual. The Friendship Corner reaches out to those who need a safe and respectful corner to call their own. For the last 15 years Gladys has been instrumental in organizing daily activities and special events for guests of the Friendship Corner. Her role with the Friendship Corner has given people the space and opportunity to feel valued and connected to the community and one another. For the past 23 years Gladys has also co-facilitated a Grief Support Group for those who have suffered a loss and are trying to readjust to a changed life.

The Town is honoured to recognize Gladys who exemplifies compassion, community spirit, optimism and kindness.