



FOR IMMEDIATE RELEASE - March 17, 2011

**Georgetown, Ontario** - H3R Human Resources Services of Georgetown, Ontario, announced today that Managing Director Michael Bennett CHRP, has been appointed to the Board of Directors of STRIDE, a Halton not-for-profit organization that serves the employment needs of residents with mental illness.

In announcing the appointment, Mr. Bennett stated "I am very proud to be joining the Board of STRIDE. For almost 30 years STRIDE has been serving the residents of Halton providing critical support, employment training and employment to persons with mental illness. The work they do in the community goes highly unrecognized, but it is important work for a group of people who face tough challenges finding employment. STRIDE's support is critical to their success".

STRIDE Executive Director Anita Lloyd added "We are pleased to have Mr. Bennett join our Board. His over 20 years of experience in human resources and proven commitment and contribution to previous volunteer endeavours within Halton will without a doubt add value to STRIDE".

Michael's recent volunteer work has included five years on the Executive of the Halton Chapter of the Human Resources Professionals Association (HRPA), including a two-year term as President, and six years as a Citizen Representative on the Halton Diversity Advisory Committee (HDAC). He is also a member of the Program Advisory Committee for Human Resources Management program at Sheridan College. He has been a resident of Georgetown and Glen Williams since 2001.

You can follow all of the activities of H3R on our website at [www.H3Rservices.com](http://www.H3Rservices.com) or on Twitter at [www.twitter.com/H3Rservices](http://www.twitter.com/H3Rservices).

#### About H3R Human Resources Services

H3R Human Resources Services is an HR consulting and outsourcing business, based in Georgetown, ON, with a solid reputation for providing valuable counsel, support and products to its clients. As a small or medium sized business, not-for-profit or association without a human resources professional on-staff, H3R will support your HR needs with strategic counsel, tactical decision making and efficient day-to-day transactional support. H3R services include full outsourcing of strategic and day-to-day HR as well as project based work in all areas of HR. If you have an HR Department, H3R will support it acting as an extension of their capabilities on a project basis or through the outsourcing of specific programs or tasks.

## About STRIDE

STRIDE (Supported Training & Rehabilitation in Diverse Environments) is a non-profit, charitable, community based vocational rehabilitation program founded in 1983. STRIDE is the only Halton-based organization whose primary purpose is to serve the employment needs of individuals facing mental health issues.

STRIDE provides a comprehensive range of employment support options, which are responsive to individual needs. A continuum of services is available, including:

- Employment Connections
- Rehabilitative Work Environments
- Community Placements
- Case Management

STRIDE is committed to creating opportunities for people facing mental health issues to gain meaningful employment.

STRIDE has been very successful in its rehabilitation efforts. In 2009/2010, STRIDE provided services to 242 participants in its Rehabilitation Work Environment, and 225 individuals accessed the Employment Connections program. 80% of participants agree that STRIDE has given them the assistance necessary to further their employment goals, while 81% felt that their involvement with STRIDE increased their ability to function in the community.

- 30 -

For more information about H3R Human Resources Service or the *H3R Racing* program, please contact Michael Bennett, Managing Director, at 905-702-7595, or visit our website at [www.h3rservices.com](http://www.h3rservices.com).

For more information about STRIDE, please contact Anita Lloyd, Executive Director, at (905) 693-4251, ext.224, or visit their website at [www.stride.on.ca](http://www.stride.on.ca).