

Season's Greetings



REGISTERED PSYCHIATRIC NURSES'
FOUNDATION INC.

RPNF December 2025 Newsletter

Editor: Anna Helewka (RPN/RN)

"there is hope even when your brain tells you there isn't" (John Green)

Message from RPNF President

The Registered Psychiatric Nurses' Foundation, Inc. (RPNF) would like to take this opportunity to extend warm holiday greetings. May the season restore and inspire you. The foundation is grateful for your ongoing support of psychiatric nursing education and excellence and extends its best wishes for 2026.

With warm wishes, Bev Gradidge (PN, ret)

2025 RPNF Fall 50 / 50 RAFFLE



Last call for RPNF 50 / 50 tickets at 12:45 PM, Monday December 17th!

DRAW DATE:
December 17, 2025, at 1 PM.

The pot goes up every day and will be a great holiday gift for this year's winner! Every ticket purchased

supports mental health services and research through psychiatric nursing education. Get your ticket today at raffle.link/rpnf !

RPNF MEDALS of EXCELLENCE 2025

The RPNF provides medals to two Brandon University graduates of the Bachelor of Psychiatric Nursing Program, who have consistently demonstrated leadership, academic excellence, and clinical proficiency (one to a graduate at the Brandon campus, and one to a graduate at the Winnipeg campus) on an annual basis.

Medals for 2025 were awarded to:

Courtney Nicholson, Brandon Campus

Jelaine van der Meulen, Winnipeg Campus

Congratulations Courtney and Jelaine!



Courtney Nicholson,
Brandon Campus, with
Bev Gradidge, RPNF President



Jelaine van der Meulen,
Winnipeg Campus, with
Amy Martyniuk, RPNF



RPNF AWARDS of EXCELLENCE NOMINATIONS

Nominate an RPN in your workplace who exemplifies EXCELLENCE in the domains of Clinical, Leadership, Education or Research.

For more details see rpnf.ca/awards-of-excellence/.

RPNF 2025 – 2026 SCHOLARSHIPS and GRANTS

Scholarship and Grant Portals open until January 15, 2026.

For more information go to rpnf.ca/scholarships/national-scholarships.

RPNF NETWORKING ACTIVITY

CHANGE STARTS HERE: THE POWER of PARTNERSHIPS

Conference hosted by the Association of Regulated Nurses of Manitoba (ARNM)

October 20, 2025 (Winnipeg, Manitoba)



RPNF networking with Kathy Howe, Alberta Association of Nurses (AAN), Joyce Kristjansson, Association of Regulated Nurses of Manitoba (ARNM), and Del Essien of the Association of Professional Nurses of Saskatchewan (APNS).

MAKING DONATIONS EASY to SUPPORT RPNs

Helping RPNs through Canada Helps

All RPNF Scholarships, Grants, Awards and Medals are funded by our generous donors. Did you know that you can make monthly donations to the RPNF through Canada Helps?

To learn about simplifying your donation go to

RPNF Canada Helps

RPNF MERCHANDISE

Do you need help with your holiday shopping? The RPNF sells a range of merchandise at reasonable prices. Funds raised go to scholarships & grants.

For more information go to RPNF Merchandise





REGISTERED PSYCHIATRIC NURSES'

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CALL FOR SPEAKERS

The **Alberta Association of Nurses (AAN)** is pleased to invite all nurses — frontline, educators, researchers, health-care innovators, and the like — to submit proposals for the 2026 AAN Conference — “Nursing with Purpose: Turning Insight into Impact.”



This year's conference will celebrate the depth and diversity of nursing practice, highlighting how purpose-driven professionals across all settings are shaping the future of health care. From exploring emerging technologies and mental health care to sharing untold stories from specialized fields, we welcome presentations that inspire reflection, spark collaboration, and translate knowledge into meaningful impact for nurses and the people they serve.

We are seeking presentations that:

- Showcase innovation and diversity in nursing practice, including lesser-known roles and emerging areas of care.
- Explore pressing issues in health care delivery and policy, from workforce challenges to system transformation.
- Advance nurse well-being, leadership, and professional growth through evidence-informed strategies and real-world insights.
- Promote collaboration and knowledge-sharing across designations, with a focus on mental health, addiction care, cultural safety, and digital innovation.

Whether through keynote sessions, workshops, or breakout discussions, this is your opportunity to contribute to a dynamic event that unites nurses across all designations and settings. Join us as we turn insight into impact — together!

Submission Deadline: December 15, 2025.

Submit your proposal [here](#).

For more information about the RPNF, follow us on [Instagram](#), [Facebook](#) and our website at www.rpnf.ca.

Join our mailing list by signing up at
<https://www.rpnf.ca/support-the-foundation/be-on-our-mailing-list>.

A sincere thank-you to our Registered Psychiatric Nurses' Foundation Donors who make the RPNF Scholarships and Awards possible.

To learn how you can support the RPNF go to:
<https://www.rpnf.ca/support-the-foundation/donations>

If you have an event or information that would be of interest to our readers please send an email with the subject line: RPNF newsletter to info@rpnf.ca

