



REGISTERED PSYCHIATRIC NURSES'
FOUNDATION INC.



March Newsletter (2026)

*“As a nurse we have the opportunity to heal the mind, soul, heart and body of our patients.
They may forget your name, but they will never forget how you make them feel”
Maya Angelou*

REMINDER: RPNF Awards of Excellence Deadline for Nominations: March 31, 2026!

🌸 Celebrating Excellence in Psychiatric Nursing

Registered Psychiatric Nurses (RPNs) are at the heart of mental health and addictions care, bringing skill, empathy, and unwavering commitment to some of the most complex areas of practice. Every one of us knows an RPN whose dedication truly shines — someone who goes above and beyond to support individuals, families, and communities with their compassion, expertise and leadership.

Each year, the Registered Psychiatric Nurses' Foundation (RPNF) honours outstanding RPNs who excel in Clinical Practice, Research, Leadership, and Education. These awards are presented at the annual RPNF Scholarships, Grants & Awards Reception in May, a celebration of excellence and a reminder of the profound impact RPNs make every day.

There is still time to nominate an RPN who stands out in the profession.

Go to <https://www.rpnf.ca/awards-of-excellence/> to learn more.

(NB: Only Manitoba RPNs eligible currently)

SAVE THE DATE:

RPNF 2026 Scholarships, Grants and Awards Reception – Virtual Event Celebration

The RPNF's annual pinnacle event is the virtual RPNF 2026 Scholarships, Grants and Awards Reception taking place on **May 12, 2026 at 7 PM CDT!**

Plan to join us in celebrating the accomplishments of this year's scholarship, grant and award recipients. More information to follow.



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Psychiatric Nursing Students in Action



Megan VanDeSpiegle

4th year BScPN Brandon University student.

*Presented upcoming research study with Krista Murray, Andrea Thomson RPN and Dr. Candice Waddell-Henowitch, RPN at the ARNM 2025 Conference (**Change Starts Here: The Power of Partnerships**).*

Title of Presentation:

Understanding the Experiences of Adult Sexual Violence on the Birthing and Transition to Parenthood Experience.



Rhianna Nelson

4thYear BScPN Student

(Brandon University).

Assisted with promoting the RPNF Fall 2025 50/50 draw on social media.



Mercy Achieng Mastura

4th Year BScPN Student

(Brandon University-Winnipeg Campus)

is working with Matthew Parrenas

(RPNF Communications Chair)

on Social Media Initiatives.




*Thank
you!*



REGISTERED PSYCHIATRIC NURSES'
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RPNs in Action



Matthew Parnenas, RPN, BScPN, MScCH: AMH
RPNF Board Vice Chair



RPNF Voices of the Board

As someone who has previously received support from the Registered Psychiatric Nurses Foundation (RPNF) during my time as a student as well as a practitioner presenting research at a national conference, I have firsthand account of the value and difference that the foundation makes in championing psychiatric nursing education, practice, and excellence in Canada. I am honoured to volunteer on the board of the RPNF as Vice-President to support up-and-coming registered psychiatric nurses and promote the growth of existing RPNs across the country."

Matthew Parnenas
RPNF Board Vice-President

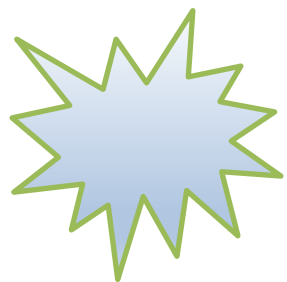



Our leadership speaks with purpose — championing psychiatric nursing, advancing education, and strengthening the future of mental health care.

For more information about the Registered Psychiatric Nurses' Foundation (RPNF) go to www.rpnf.ca or contact us at info@rpnf.ca.



Alexandria Baluta RPN
Assisting with RPNF Fall 50/50 draw on December 17, 2025





REGISTERED PSYCHIATRIC NURSES'
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The RPNF Is Seeking a Marketing & Communications Board Director

The Registered Psychiatric Nurses Foundation (RPNF) is looking for an individual with strong **Marketing and Communications** skills to join its Board of Directors. You *may* be an RPN, but it is not required — what matters most is your passion for advancing mental health and addictions care in Canada. By joining this vibrant, dedicated board, you will play a meaningful role in supporting the research, education, and clinical services provided by Registered Psychiatric Nurses across the country. It is an opportunity to contribute your expertise, expand your leadership experience, and help elevate the profession.

For more information, reach out to info@rpnf.ca

Establish an RPNF Scholarship or Grant — and Shape the Future of Psychiatric Nursing

Creating an RPNF Scholarship or Grant is a powerful way to make a lasting impact on the future of psychiatric nursing in Canada. With a single gift, you can help support excellence in mental health and addictions care **year after year, in perpetuity.**

By establishing a named scholarship or grant, you can:

- **Create a legacy** that continues to support psychiatric nursing students and Registered Psychiatric Nurses long into the future.
- **Direct your award toward the goals and values that matter most** to you or your loved ones.
- **Honour the achievements of a psychiatric nurse** by ensuring an annual award is given in their name to a deserving recipient.
- **Invest once and watch your contribution grow**, supporting education, research, and clinical innovation every year.

Your generosity becomes a living legacy — one that strengthens the profession and enhances mental healthcare. Go to <https://www.rpnf.ca/fund-scholarship-grant/> to learn more or contact us at info@rpnf.ca



**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