



YSSN Bulletin

Mental Health News

Addiction Services for York Region

ReThinking Psychiatry: The Place of Culture in Mental Health Services

Tuesday, June 23rd

9:30 am to 4:30 pm, Cousins Deli, Newmarket

This symposium focuses on the journey of understanding how cultural, ethnic and racialized identities can influence mental health problems. Common strategies to promote cultural competence in mental health practices and systemic issues will be discussed.

Enquiries and registration: 905 841 7007 or 1 800 263 2288 or go to www.asyr.ca

Hong Fook Mental Health Association

Choices Youth Program

June 23rd to August 25th, Tuesdays for 10 sessions

6:30 am to 8:30 pm, North York Office, Sheppard Ave., North York

Choices is a 10-week prevention and early-intervention program that assists youth to develop skills and confidence to resist risk-taking behaviours that may lead to substance use.

Enquiries and registration: 416 493 4242 ext. 2243
mho@hongfook.ca

CMHA—York Region

Support for Depression Meetings

Support for Depression offers individuals who are experiencing depression or have experienced depression an opportunity to share experiences in a safe, non-judgmental atmosphere, so that they can support each other and develop coping skills. There is no set format; the group takes the conversation where it needs to go. The group facilitators are trained volunteers who have experienced depression themselves and are at a point in their recovery where they want to help others learn to cope with the illness. Meetings in Aurora, Bradford, Keswick, Markham, Newmarket and Richmond Hill.

Call 905 853 8477 or 1 866 208 5509 ext. 4255 for info

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Developmental Services News

Autism Ontario—York Chapter Updates

Burd's Family Fishing

June 13th, 10:00 am to 3:00 pm

For families with children with ASD.

Registration is required.

Toronto FC Game & Admission To The CNE

Toronto FC vs. Montreal Impact

Saturday, August 29th, 4:00 pm

REGISTRATION OPENS June 8th @ 8:00 pm.

Ticket includes access to the CNE for the day.

Please go to www.autismontario.com/york for info

A Helping Hand Always Inc.

6th Annual Family Funfest

Saturday, August 8th, 10:00 am to 4:00 pm

Alpha Camp & Retreat Grounds, Springwater

FREE Admission

A Helping Hand Always Inc., provides year round respite, in home and community support, camps and buddy programs for individuals with Special Needs. This year's Family Funfest features; a Live Band, Jumping Castle, Pony Rides, Hourly Raffle, Vendors, Carnival Games, Information & Wellness Tent, Mystery Guests and Great Food.

ALL Abilities Welcome.

For information, please call 705 792 4133 or e. info@ahelpinghandalways.com

York Support Services Network is hosting

Resource Drop-In Days

MARKHAM: June 18th (11:00 am to 7:00 pm)

50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: June 24th (9:00 am to 4:00 pm)

9401 Jane St., 3rd Floor, Suite 14, Maple, ON

Resource Days are offered for parents, caregivers and professionals. YSSN Case Managers are on-site to assist and share information on available Developmental Services programs and services.

For more info contact 905 898 6455 Ext. 2574

Autism Spectrum Disorder Training

A wide range of free , professional and educational workshops available through Kerry's Place Autism Services.

Upcoming Workshops

Visual Strategies: Make and Take—**June 12th, Central West**

Increasing and Improving Speech/Communication Skills in Non-vocal or Minimally Vocal Children—**June 17th, York**

CHAP Support Worker Orientation—**June 18th, Durham**

Register at <https://secure.kerrysplace.org/respitetraining>

Kerry's Place Golf Classic

Wednesday, June 17th, 11:00 am

Woddington Golf Club, Tottenham

For information or to volunteer, call 905 841 6611 Ext. 371 or e fundraising@kerrysplace.org

Community Information

Newmarket Public Library

Shakespeare 'Allowed'

Humber River Shakespeare Company & Newmarket Public Library invite you to read the plays of William Shakespeare aloud.

It's free, it's fun, and everyone is welcome. You don't have to be a Kenneth Branagh or Judi Dench, just have a desire to give voice to Shakespeare's renowned plays.

ROMEO & JULIET

Saturday, Sept. 26th, 1:00—4:00 p.m.

Admission is FREE

For more information or to pre-register 905-953-5110 Ext. 4770

Women's Centre of York Region

Effective Communication Program

September to December 2015

Topics Covered Include:

- Sending Clear Messages
- Importance of Using "I" Language
- Listening Actively and Effectively
- Communication Styles
- Benefits of Assertiveness
- Barriers to Assertiveness
- Learning to Say "NO"
- Making Requests—Asking for what you need
- Closure

For info or to register, please call Women's Centre of York Region at 905-853-9270.

Community Legal Clinic

In partnership with LAO

Family Law Advice Service

Every second Thursday afternoon

21 Dunlop St., Suite 200, Richmond Hill

Individuals can call to book an appointment to see a lawyer for half an hour consultation.

Space is limited.

For more information or to book an appointment, please call 905 508 5018 or 1 888 365 5226. Appointments are limited to availability.

Family Services of York Region

Groups & Workshops

Expressive Arts Support Group for Women

The Expressive Arts Support Group for Women is a program designed to increase self-esteem, self-awareness, assertiveness and empowerment. The program is also aimed at gaining a greater knowledge of self thereby becoming more aware of thoughts, feelings and behaviours. Discussions may involve healthy relationships, healthy boundaries and taking control of your anger. This group uses art materials and creative art techniques to explore these issues in a safe and supportive atmosphere.

For more information, please call 905 895 2371 or 888 223 3999

Events and Other Important Dates!

Hospice Georgina

Lake Simcoe Arms Charity Golf Tournament

Wednesday, September 9th

Lake Simcoe Arms, Jackson's Point

Registration 11:30 am

Shotgun, 1:00 am, dinner 6:00 pm

- Space is limited to the first 25 paid teams
- Scramble (Best Ball)
- 18 holes
- Golf cart included
- Sponsorship available

For more information, please call 905 722 5999 or email laura@lakesimcoearms.com

Alzheimer Society York Region

Walk For Alzheimer's—York—Richmond Hill

Saturday June 13th

Early Registration 8:30 am

Opening Ceremonies at 10:00 am

Richmond Green Sports Centre and Park, Richmond Hill

This year, the Alzheimer Society of York Region received its largest gift to date, thanks to a very generous donation from Dr. Allan Carswell and the Carswell Family Foundation. Every donation made in support of the walk will be matched dollar for dollar!

For info or to register, please call 905 726 3477 ext 229 or email jlocke@alzheimer-york.com



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About YSSN

Established in 1982, York Support Services Network (YSSN) is a community-based social service agency that offers a comprehensive range of programs and services to support individuals and their families struggling with the challenges of a developmental disability or serious mental illness.

YSSN is a non-profit organization funded by the Ministry of Health and Long-Term Care, the Ministry of Community and Social Services and the Ministry of Children and Youth Services. There is no fee for our services.

"A Meaningful Life: Relationships, Community, Well-Being."