



# YSSN Bulletin

## Mental Health News

### *A big thank-you to some world class citizens!*

#### **World Citizens Junior Youth Group**

York Support Services Network would like to send a big thank-you to the Multi-Faith Junior Youth Group for their thoughtfulness and generosity.

The Bradford Baha'i community sponsors a Multi-Faith Junior Youth Group that is held weekly at the Newmarket Public Library. There are currently 11 junior youth between the ages of 11 - 12 years old attending the group.



*The youthful humanitarians pictured left-to-right are: Cayenne, Blake, Anton, Shoghi, Tim and Aiyana*

One of the recent projects of this group was to provide service through a charitable work. The project members — Cayenne, Blake, Anton, Shoghi, Tim and Aiyana — decided that they would like to prepare gift bags of personal care products for distribution to YSSN clients. Together, the group made up a number of personal care bags, attaching a personal card to each and they were provided in time to distribute for the holidays.

When asked why they belong to the World Citizens Junior Youth Group and the reason for doing this charitable project, some members of the project team shared their belief that 'the group is all about service' and that 'service is a virtue', also noting the positive impact that service has on the future and how good it makes them feel to help people and show kindness.

#### **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.

Meetings in Aurora, Bradford, Keswick, Markham, Newmarket and Richmond Hill.

**Call 905 841 3977 or 1 866 208 5509 ext. 4255 for info**

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# Developmental Services News

## Autism Ontario—York Chapter Updates

### Parent Support Group

Monthly meetings resume in September. Location, Chapter boardroom, Suite 215, 11181 Yonge Street, Richmond Hill in the Loyal True Blue & Orange Home. Facilitated by parents living with ASD, there is no charge, all meetings are subsidized in full by Autism Ontario York Region Chapter.

Please go to [www.autismontario.com/york](http://www.autismontario.com/york) for info

## Community Living York South

### Family Network Meetings

Once a Month

7:00 pm to 9:00 pm

**Location:** 101 Edward Avenue, Richmond Hill or 144 Main Street, Markham

These information sessions are for people who have an intellectual disability and their families. This is also a great opportunity for you to network with other families.

For more information when these information sessions take place contact Sadia Shauk @ 905 884 9110 ext. 640 or email [sshaukat@communitylivingyorksouth.ca](mailto:sshaukat@communitylivingyorksouth.ca)

## York Support Services Network is hosting

### Resource Drop-In Days

**AURORA:** January 14th (11:00 am to 7:00 pm)

240 Edward St., Unit 3, Aurora, ON

**MARKHAM:** January 26th (9:00 am to 5:00 pm)

50 McIntosh Dr., Unit 239, Markham, ON

**VAUGHAN:** January 20th (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. Please call to book an appointment with a YSSN Case Manager.

To book an appointment, please call 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

Employment & ASD—**January 8th, Simcoe**

The Understanding Asperger's Initiative: What Doctors Don't Tell You And Teachers Don't Know—**January 16th, York**

The Hidden Curriculum - Assisting Individuals with ASD to Navigate the Unwritten Rules of Various Environments — **January 15th, Simcoe**

Discussing the Diagnosis: Opening a Dialogue with Kids & Teens—**January 22nd, York**

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

For information or to volunteer, call 905 841 6611 Ext. 371 or email [fundraising@kerrysplace.org](mailto:fundraising@kerrysplace.org)

# Community Information

## Women's Centre of York Region

### Upcoming Workshops

#### Healthy Boundaries (Jan-March 2016)

- Orientation
- Recognizing Choices and Making Decisions
- Boundaries – Costs & Benefits
- Communication Boundaries – Getting More of What You Want
- Boundaries for Healthy Anger
- Relationship Boundaries – Balancing Intimacy and Independence
- Personal Boundaries – Moving from Selfless/Selfish to Empowerment
- Boundary Dilemmas and Parenting Boundaries
- Beating Procrastination

Learn how boundaries impact us in our everyday life and guides all our relationships.

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.

## Newmarket Public Library

### Introduction to Microsoft Office Word, Excel, PowerPoint

February 3rd, 2016      2:00 pm - 4:00 pm

March 2nd, 2016      2:00 pm - 4:00 pm

**Location:** Newmarket Public Library

Introduction to Microsoft Office (Word, Excel, and PowerPoint) is a hands-on workshop. Ask questions and learn the basics, including authoritative online resources that will enhance and develop what you learn so you can continue developing your skills and knowledge.

Registration is suggested.

**Pre-register at the Lower Level Information Desk or call 905-953-5110 Ext. 4770**

## Family Services of York Region

### Fall 2015 Programs

Parenting for Life • Triple P 0—12 • Triple P Teen • Farsi Positive Parenting • South Asian Triple P • Spanish Triple P • Family Transitions Triple P • Men's Anger Management Positive Living • Positive Living Women's Support Group • Expressive Arts Support Group • Farsi Women's Support Group • Coping with Stress Through Mindfulness • Encouraging Heroes • Child Anger Management and Parent Program • South Asian Women's Support Groups

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

## Events and Other Important Dates!

### *Hospice Georgina*

#### **Curl For Care Bonspiel**

Saturday, March 5th, 9:30 pm to 4:00 pm

152 High Street, Sutton

Cost: \$40.00 (includes)

- Morning coffee and light snack
- Hot lunch and afternoon snack
- Prizes
- 2—6 end games
- Sliders, brooms and instruction provided

For information , call 905 722 9333 or email:

[caring@hospicegeorgina.com](mailto:caring@hospicegeorgina.com) or visit  
[www.hospicegeorgina.com](http://www.hospicegeorgina.com)



#### **York Support Services Network**

240 Edward St., Unit 3  
Aurora, ON  
L4G 7R6

Phone: 905-898-6455 / 1-866-257-9776

Fax: 905-898-1171

Submissions: [crollings@yssn.ca](mailto:crollings@yssn.ca)

Editor: [charley@yssn.ca](mailto:charley@yssn.ca)

[www.yssn.ca](http://www.yssn.ca)



### *Bereaved Families York Region*

#### **4th Annual Purse Auction/ Jewellery Party**

**Wednesday, April 13th, 2016**

For more information, to register or become a vendor please call the office.

For info or to register, please call 905 898 6265 or 800 969 6904

### *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."*