



# YSSN Bulletin

## Mental Health News

### Southlake Regional Health Centre

*5th Annual Geriatric Clinic Day*

**Saturday, April 18th, 2015**

8:00 am to 3:30 pm, Medical Arts Building @ Southlake

The 2015 Southlake Regional Health Centre Geriatric Clinic Day brings together innovators who will challenge us to think about our approach to providing better care for seniors. This conference will appeal to health community and primary care practitioners looking to transform our approach to quality care.

For info or to register, contact: [geriatricconference@southlakeregional.org](mailto:geriatricconference@southlakeregional.org).

### Diversity and Equity in Mental Health and Addictions Conference 2015

*Cross-cultural Perspectives on Recovery and Resilience*

**Friday, May 15th, 2015**

8:30 am to 5:00 pm, Courtyard by Marriott Downtown Toronto

Enquiries and registration: 416 493 4242 ext. 2243  
[mho@hongfook.ca](mailto: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

### Children's Friendship Training

April 16th to June 11th

5:45 pm to 6:45 pm (8 to 10 yr. olds.)

7:00 pm to 8:00 pm (10 to 12 yr. olds.)

Loyal True Blue & Orange Home, Richmond Hill

A nine-week, evidence-based social skills intervention for motivated children who are interested in learning ways to help them make and keep friends. During each group session teens are taught crucial social skills and are given the opportunity to practice these skills in session during role-play and play activities.

### Sibshops

Second Monday of each month (April 13th, May 11th), 6:30 pm to 8:30 pm, O.M MacKillop School, Richmond Hill

For brothers and sisters of individuals with Autism Spectrum Disorder who are 8 to 14 yrs. old. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities.

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

## York Support Services Network is hosting Resource Drop-In Days

**VAUGHAN:** April 15th (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

Reena

## Summer Camp 2015

Program Runs: July & August, 9:00 am to 4:00 pm

Toby & Henry Battle Developmental Centre

The summer camp program is an eight-week program that runs Monday to Friday. Participants must be registered in a school program to attend summer camp. Participants partake in many activities that foster the development of social and life skills, while at the same time developing strong bonds with their peers.

For information and registration, call Robyn Switzer @ 905 889 2690 ext. 2116 or email [rswitzer@reena.org](mailto:rswitzer@reena.org)

## Autism Spectrum Disorder Training

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

### Upcoming Workshops

Special Education Advocacy: What Everyone Should Know—April 20th, York

Executive Functioning Skills: How To Help Kids with ASD to 'Be their own boss'—May 1st, York

Balancing, Body, Brain & Being—May 15th, York

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

### Kerry's Place Parents Support Group

Third Wednesday of every month, 7:00 to 9:00 pm

April 15th, next group

Community Room, 2700 Rutherford Road, Vaughan

Register at <https://kerrysplace.org/Public/Camps-and-Groups>

# Community Information

## Newmarket Public Library

### Introduction to MS Office

Wednesday, May 6th 2:00 pm - 4:00 pm

Wednesday, June 3rd 2:00 pm - 4:00 pm

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.

### Microsoft Word: Discover & Create

Tuesday, May 5th, 12th, 19th and 26th, 7:00 pm - 8:00 pm

A four-hour workshop on the key features of Microsoft Word. Create documents that include pictures and graphic art. Registration is suggested.

**Get more information or pre-register 905-953-5110 Ext. 4770**  
[aref@newmarketpl.ca](mailto:aref@newmarketpl.ca)

## 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.**

## Women's Centre of York Region

### Stress & Pain Relief

April Workshop

Class 1: Monday, April 13th, 7:00 pm—8:30 pm

Class 2: Monday, April 20th, 7:00—8:30 pm

Class 3: Monday, April 27th, 7:00—8:30 pm

Qigong is thought to be effective in relieving chronic pain conditions including fibromyalgia. These classes will teach foundational moves that may have long-term health benefits for the body and the soul.

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

## 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*

### **Pansy Day Sale**

Saturday, April 26th, 10:00 am to 3:00 pm

Support this annual fundraiser by volunteering or purchasing some pansies.

### **HIKE FOR HOSPICE**

Sunday, May 24th

The Pioneer Village/ROC, Keswick

Registration: 12:00 pm

Hike: 12:30 pm start

Participants are welcome to complete a 1 km, 3 km or 5 km hike around the ROC trails.

**For more information, please call Hospice Georgina @ 905 722 9333 or email [caring@hospicegeorgina.com](mailto:caring@hospicegeorgina.com)**

*Bereaved Families of Ontario*

### **3rd Annual Purse Auction & Jewellery Party**

April 15th, 7:00 pm to 10:00 pm

Newmarket Community Centre

200 Doug Duncan Drive, Newmarket

Price: \$25.00 per/person

**Please call 905 898 6265 or 1 800 969 6904 for more info or visit [www.bfoyr.com](http://www.bfoyr.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."*