



YSSN Bulletin

Mental Health News

Mackenzie Health

Resource Days

2nd Tuesday of each month

Drop in from 1 to 3 pm

Topics include:

- Sleep—May 12th to September 8th
- Toileting—June 9th to October 13th
- Safety—July 14th to November 10th
- Building Cooperation—August 11th to December 8th

These drop in days are for parents, caregivers, residential supports and daycare staff. Participants will meet with a behavior consultant and take home tools and tips to get started.

Location: Centre for Behaviour Health Sciences, York Office, 13311 Yonge Street, Suite 115, Richmond Hill. For enquiries, please call 905 773 2362

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

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.

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

AURORA: August 11th (9:00 am to 5:00 pm)

240 Edward St., Unit 3, Aurora, ON

MARKHAM: August 27th (11:00 am to 7:00 pm)

50 McIntosh Dr., Unit 239, Markham, 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

CHAP Support Worker Orientation—**August 20th, Durham, Central East**

ASD: Supporting a New Diagnosis—**September 29th, Dufferin, Central West**

Intro to Autism—**October 14th, York, Central East**

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

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

Bereaved Families York Region

7th Annual Memorial Butterfly Release & 2nd Annual Walk To Remember

Saturday September 20th

10:00 am to 12:00 pm Ceremony

9:00 am Registration, Fairy Lake Park, Newmarket

The event consists of a ceremony and the release of hundreds of Painted Lady Butterflies followed by the Walk to Remember. Events held to express sorrow for the loss of loved ones and to celebrate and honour their memory.

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



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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."