



# YSSN Bulletin

## Mental Health News

### STOP Program: Support for Ontario Smokers who wish to quit smoking

*Presented by Centre for Addiction and Mental Health and The Region of York*

The **STOP program** delivers research-based, cost-free smoking cessation workshops in local communities. Eligible Participants will be required to attend an **educational session** and will receive a five-week course of **nicotine patches**.



#### Workshop(s) will be held on:

**Wednesday, January 21st, 2015**

6 pm to 9 pm in Richmond Hill

**Tuesday, January 27th, 2015**

12 pm to 3 pm in Richmond Hill

To learn more, see if you qualify and to register, contact: 905 830 4444 ext. 73052. Phone lines open January 5th, 2015.

### CMHA—York Region Choices Program

Choices is a 10 week program for youth ages 12 to 17 years. The program encourages youth to make informed decisions and to promote positive choices in their lives. Weekly topics may include communication, decision making, goal setting, self respect, social media, drugs and alcohol and coping strategies. The program is led by community volunteer coaches and program coordinators.

To make a referral, please call 1 866 345 0183 ext. 3321.

### 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

### Support Group

Next Group—Tuesday, December 16th

Loyal True Blue & Orange Home, Richmond Hill

These monthly support group meetings are facilitated by parent volunteer members of the Chapter Leadership council. These meetings provide a wonderful opportunity to talk with chapter members, families and others supporting individuals living with ASD.

### Sibshops

Monday evenings starting November 10th, 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

**AURORA:** December 10th (11am to 7pm)  
240 Edward St., Unit 3, Aurora, ON

**MARKHAM:** December 16th (9am to 5pm)  
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

Reena

## Winter Retreat 2014

December 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup>

Toby & Henry Battle Developmental Centre

- For individuals who attend a school program ages 7 to 12 yrs.
- Hours, 9 am to 3 pm
- Cost: from \$80.00 per day (1:3 staffing)

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

CHAP Support Worker Orientation—December 6th, Durham

Intro to Autism—February 18th, York

CPI: Sharing Strategies—February 25th, Peel

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

## Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

December 19th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

# Community Information

## **Newmarket Public Library**

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

December 10th, 2 pm to 4 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. Registration is suggested.

Admission: \$2 per person

**For more information or to pre-register, please call 905 953 5110 ext. 4770.**

## **Catholic Community Services of York Region Groups & Workshops**

Focus on Fathers • Reconnecting Fathers • Bridge Group for Women • Newcomer Women's Support Group • Preparing New Parents Program • Parents of Teens • Triple-P in Farsi • Parents and Grandparents Program • Step-Parenting Program • Financial Literacy Workshops • Divorce Care

All programs are offered FREE of charge but registration in advance is required.

**For more information, please call 905 770 7040 or 800 263 2075 ext. 241**

## **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**

### **Drop-In Parenting Support Groups**

Wednesdays, 6:30 to 8 pm

- Improved Communication with your Children
- Positive Approaches to Discipline
- Manage Behaviours
- Establish Good Routines

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

## Events and Other Important Dates!

### *Hospice Georgina*

#### **Annual Open House**

December 10th, 2 to 6 pm

152 High Street

Sutton West

Hospice Georgina is a visiting hospice; a non-profit charitable organization dedicated to serving the residents of the Town of Georgina and Georgina Island.

Open house is an opportunity to thank the community for supporting hospice palliative care.

The community is invited to drop by for snacks, refreshments and conversation.

**Please visit [www.hospicegeorgina.com](http://www.hospicegeorgina.com) for info, Tel: 905 722 9333 or email [caring@hospicegeorgina.com](mailto:caring@hospicegeorgina.com)**

### *Bereaved Families of Ontario*

#### **22nd Annual Memory Tree of Light Remembrance Service**

December 10th, 7 to 9 pm

Pickering College

Newmarket

Join a tribute to missed loved ones during the holiday season.

**RSVP to [bfoyr\\_program@bellnet.ca](mailto:bfoyr_program@bellnet.ca) or call 905 898 6265 or 800 969 6904**



*On behalf of the YSSN Board of Directors and Staff, we would like to extend our sincere wish for a safe and happy holiday season to clients, friends, community partners and supporters.*



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

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*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.*

### *About YSSN*

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