



# YSSN Bulletin

## Mental Health News

### 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

### Gaps in Health Care for Individuals with Developmental Disabilities and Mental Health or Addiction Issues

*Virtual Town Hall*

**Thursday, February 12th, 2015**

10:00 am to 12:00 pm, (presented by videoconference and live Webcast)

For more information, or if you have any questions regarding registration, please contact Yasmin Munoz: Email: Yasmin.munoz@camh.ca: Tel: 416 535 8501 ext. 37819

### 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, February 10th

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

Second Monday of each month (February 9th), 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:** February 24th (9:00 am to 5:00 pm)  
240 Edward St., Unit 3, Aurora, ON

**MARKHAM:** February 19th (11:00 am to 7:00 pm)  
50 McIntosh Dr., Unit 239, Markham, ON

**VAUGHAN:** February 11th (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

## Outreach Winter/Spring 2015

Program Dates: January 11th to March 9th

Toby & Henry Battle Developmental Centre

- Registration date for March Break and Spring Sessions is February 8th.
- All registration dates are held at the Battle Centre in Thornhill from 12:00 pm to 2:00 pm.
- Program spaces are provided on a first come first served basis.

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

What Services Does My Child Need: OT, PT, SLP?—  
**February 19th, Peel**

CHAP Support Worker Orientation—**February 21st, Durham**

CPI: Sharing Strategies—**February 25th, Peel**

Sleep Disorders in ASD—**February 25th, 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**

February 18th, 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, March 4th, 2:00 pm - 4:00 pm

Large Study Room

Introduction to Microsoft Office (Word, Excel and PowerPoint) is an introductory workshop for newcomers to the popular software suite.

### Microsoft Word: Discover & Create

Tuesday, March 3rd to 24th, 7:00 pm - 8:00 pm

Large Study Room

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

Admission: FREE

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

## Women's Centre of York Region

### Live the Life You Were Born to Live!

Part 1: Monday February 9, 6:30-8:30pm

Part 2: Monday February 23, 6:30-8:30pm

The beginning of a new year is a great time to reflect on where we are at in our lives, and what our goals are for the year(s) ahead. In this set of workshops, participants will work through the process with the goal that each one will emerge with a realistic plan for how to get closer to living the lives they were born to live.

To register, please email [lkrepinsky@wcyr.ca](mailto:lkrepinsky@wcyr.ca) or call 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

#### Drop-In Parenting Support Groups

Wednesdays, 6:30 pm to 8:00 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*

### **BRIDGES**

#### **An Eight-Week Grief Education and Support Group**

Thursdays, March 5th to April 23rd, 10:00 am to 12 pm  
(March 26th 1:00 pm to 3:00 pm)

152 High Street, Sutton

These sessions provide an opportunity to learn about the grief process, be reassured you are not alone, and to discover strategies that may help you cope with your grief. There is no charge for this program, but registration in advance is required.

**To register for this group or for more information, please call Hospice Georgina @ 905 722 9333 or email Jackie@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)**



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

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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."*