



YSSN Bulletin

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.



Diversity and Equity in Mental Health and Addictions Conference 2015

Friday, May 15th, 2015

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

Enquiries and registration: 416 493 4242 ext. 2243
mho@hongfook.ca

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Mental Health News

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

Developmental Services News

Autism Ontario—York Chapter Updates

Support Group

Next Group—Wednesday, January 14th

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, 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 for info

York Support Services Network is hosting

Resource Drop-In Days

AURORA: January 22nd (11am to 7pm)
240 Edward St., Unit 3, Aurora, ON

MARKHAM: January 13th (9am to 5pm)
50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: January 27th (9am to 4pm)
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 to 2 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

Autism Spectrum Disorder Training

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

Upcoming Workshops

Using Visuals: Make and Take—**January 14th, Peel**

Managing Asperger Meltdowns—**January 14th, York**

Siblings of Children with ASD—**January 28th, York**

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

January 21st, next group

Community Room, 2700 Rutherford Road, Vaughan

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

Community Information

Newmarket Public Library

Let's Talk

ESL Conversation Circle

Wednesdays, 2:00 - 3:00 p.m.

Large Study Room

Come and join the library's free, informal conversation circle. Ideal for community newcomers who are learning to speak English.

Starts January 14, 2015

Admission: FREE

Get more information or pre-register 905-953-5110 Ext. 4770 aref@newmarketpl.ca

Women's Centre of York Region

Enterprising Careers

A Career Exploration Program for Women

- Discover employment options that 'fit' your personality
- Build self-confidence as you identify your interest & skills
- Research occupations & make a research Action Plan
- Attend group sessions one morning a week for 10 weeks
- Access one-on-one counselling with a Career Coach
- On-going support in the program for one year
- Networking events with special guest speakers

Sessions take place in Newmarket, Richmond Hill and Stouffville.

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

6th Annual Haircut For Hospice

February 1st, 10 am to 4 pm

Allure Hair Creations

299 The Queensway South

Keswick

Stylists are on site to wash, cut and style your hair for a minimum \$20.00 donation. Walk in or make an appointment in advance to avoid waiting—905 476 3146 to book an appointment.

Please visit www.hospicegeorgina.com for info, Tel: 905 722 9333 or email caring@hospicegeorgina.com

Bereaved Families of Ontario

3rd Annual Purse Auction & Jewellery Party

April 15th, 7 to 10 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



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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."