



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

Hong Fook Mental Health Association

Journey to Promote Mental Health, Part 2: An Advanced Training Series for individuals Working with immigrants and Refugees

Monday, March 16th & Tuesday, March 17th, 2015

9:30 am to 4:30 pm, (registration starting @ 9:15 am)

Welcome Centre Immigrant Services, Vaughan

Spaces are limited and available on a first come first served basis.

To register or for information, please contact Maria Lo ,
mlo@hongfook.ca

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Family Connections Group

Coordinated by The National Education Alliance for Borderline Personality Disorder (NEA.BPD)

A group for relatives of people with difficulty managing their emotions. This group will meet for 6 sessions, every other week.

March 26th, 7:00 pm to 9:00 pm, Yonge Street, Thornhill

- Hear the most current information on Borderline Personality Disorder
- Learn coping skills based on Dialectical Behaviour Therapy (DBT)
- Support each other and develop a support network
- Maintain a strict code of confidentiality

For info or to register, contact: familyconnectionsnorth@gmail.com or call 416 716 2244

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, March 11th

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 (March 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 for info

York Support Services Network is hosting Resource Drop-In Days

AURORA: March 5th (11:00 am to 7:00 pm)

240 Edward St., Unit 3, Aurora, ON

MARKHAM: March 17th (9:00 am to 5:00 pm)

50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: March 12th (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

Autism Spectrum Disorder Training

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

Upcoming Workshops

Building Social Connections—**March 10th, Dufferin**

Siblings of Children with ASD—**March 16th, HKPR**

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

Strategies for Young Adults on the Spectrum—**March 23rd, HKPR**

Strategies for Young Adults on the Spectrum—**March 24th, Simcoe**

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

Kerry's Place Parents Support Group

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

March 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

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

Self-Empowerment

April to June 2015

Participants will learn about themselves, recognize their choices and the consequences of those choices. They will also learn tools and skills to help begin changing their lives for the better.

Topics covered are:

- Self-Awareness
- The Four Parts of Self
- Components of Self-Esteem
- Building and Nurturing Self-Esteem
- Risking Change
- The Power of Personal Responsibility
- Healty or Toxic Guilt: What is the Difference?
- Affirmations
- Closure

To register for these FREE programs, call Women's Centre of York Region at 905-853-9270 and ask to be placed on the waitlist for the 'Making Changes' Orientation Sessions.

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.

DINE FOR A CAUSE

Boston Pizza Keswick 'Music Bingo Night'

Monday, March 23rd @ 6:00 pm

Tickets: \$25.00 for a dinner of Chicken Parmesan or Tuscan Linguini with salad, dessert and coffee/tea or a soft drink. Boston Pizza is located @ 253 The Queensway S., Keswick.

For more information, please call Hospice Georgina @ 905 722 9333 or email 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



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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."