



YSSN Bulletin

Mental Health News

York Region Abuse Program

Trauma Group Therapist Course

Phase I Training Dates: May 23rd, May 30th, June 4th, June 13th and September date T.B.D.

Time: 9:00 a.m. to 4:00 p.m

Phase II Training: Mandatory – Three (3) cycles facilitating group (January – March, and April – June, 2015) and weekly Supervision

This two-part intensive training program offers participants an opportunity to gain both theoretical and practical experience working with individuals who have experienced childhood sexual trauma. This training is open to Human Service professionals who wish to enhance their clinical skill base. We encourage individuals from First Nations, Racialized, Queer/Trans, Immigrant, Refugee, Dis/ability communities, and men to apply.

Enquiries and registration: 905 853 3040 ext. 301 or email k.kortis@yrap.ca

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

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

Sibshops

Second Monday of each month (May 11th), 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

Reena

Summer Camp 2015

Program Runs: July & August, 9:00 am to 4:00 pm

Toby & Henry Battle Developmental Centre

The summer camp program is an eight-week program that runs Monday to Friday. Participants must be registered in a school program to attend summer camp. Participants partake in many activities that foster the development of social and life skills, while at the same time developing strong bonds with their peers.

For information and registration, call Robyn Switzer @ 905 889 2690 ext. 2116 or email rswitzer@reena.org

York Support Services Network is hosting

Resource Drop-In Days

AURORA: May 21st (11:00 am to 7:00 pm)

240 Edward St., Unit 3, Aurora, ON

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

50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: May 6th (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

Autism Spectrum Disorder Training

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

Upcoming Workshops

Executive Functioning Skills: How To Help Kids with ASD to 'Be their own boss'—**May 1st, York**

Non-Violent Crisis Intervention for Parents and Caregivers—**May 4th, Simcoe**

Balancing, Body, Brain & Being—**May 15th, 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

May 20th, 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, May 6th 2:00 pm - 4:00 pm

Wednesday, June 3rd 2:00 pm - 4:00 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.

Microsoft Word: Discover & Create

Tuesday, May 5th, 12th, 19th and 26th, 7:00 pm - 8:00 pm

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

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

Keep Calm and Carry On

May Workshop

Friday, May 22 & May 29th, 10:00 am—12:00 pm

Naturopathic Doctor Nicole Daniels returns in this two-part workshop that explains the neurochemistry underlying anxiety and how different foods affect us. Learn the top 10 foods for mood and practice grounding techniques in each session that help us to keep calm and carry on.

For info or to register, please call Women's Centre of York Region at 905-853-9270.

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

HIKE FOR HOSPICE

Sunday, May 24th

The Pioneer Village/ROC, Keswick

Registration: 12:00 pm

Hike: 12:30 pm start

Participants are welcome to complete a 1 km, 3 km or 5 km hike around the ROC trails.

For more information, please call Hospice Georgina @ 905 722 9333 or email caring@hospicegeorgina.com



Alzheimer Society York Region

Walk For Alzheimer's—York Sutton

Saturday June 6, 2015

Early Registration 8:30 am

Opening Ceremonies at 10:00 am

The Briars Resort, Sutton, ON

Map: <http://www.briars.ca/directions>

This year, the Alzheimer Society of York Region received its largest gift to date, thanks to a very generous donation from Dr. Allan Carswell and the Carswell Family Foundation. Every donation made in support of the walk will be matched dollar for dollar!

For info or to register, please call 905 726 3477 ext 229 or email jlocke@alzheimer-york.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."