



YSSN Bulletin

Mental Health News



*Imagine if everyone used coaching skills in their personal and professional lives...
How would that change the way we work and interact with each other?*

This Coaching Out of the Box® workshop is designed for leaders, board members, supervisors, front-line staff and volunteers who have an interest in applying the 'Art of Coaching' in their personal and professional lives. Participants will be introduced to our "5/5/5" framework model, which includes: **5 Core Coaching Skills**, a **5-Step Coaching Exchange Process** and **5 Guiding Principles** that support effective coaching conversations.

For organizational leaders and decision-makers, incorporating a Coaching Out of the Box® approach can enhance workplace and interpersonal effectiveness, and provide a sound return on investment.

Workshop Dates: **Fri, Jan 15th ■ Fri, Jan 22nd ■ Fri, Jan 29th ■ Fri, Feb 5th, 2016**
(4 half-day sessions, 8:30 am to noon)

Location: York Support Services Network, 240 Edward Street, Unit 3, Aurora

Workshop Instructors: Jean West, Certified Executive Coach, PCC
David Graham, Certified Executive Coach, PCC

Cost: **Introductory Special for Non-Profit Organizations - \$395.00**
(Fees cover cost of materials only)

*To register, please contact Megan Facecchia, York Support Services Network at mfacecchia@yssh.ca
or 905 898 6455 ext. 2575*

Support for Depression Meetings

Support for Depression offers individuals who are experiencing, 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 905 841 3977 or 1 866 208 5509 ext. 4255 for info

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Developmental Services News

Autism Ontario—York Chapter Updates

Parent Support Group

Monthly meetings resume in September. Location, Chapter boardroom, Suite 215, 11181 Yonge Street, Richmond Hill in the Loyal True Blue & Orange Home. Facilitated by parents living with ASD, there is no charge, all meetings are subsidized in full by Autism Ontario York Region Chapter.

Please go to www.autismontario.com/york for info

Kerry's Place Autism Services

16th Annual Evening For Autism

Autism Laughs

Thursday, November 5, 2015

5:30 pm to 8:30 pm

Comedy Host Lawrence Morgenstern &
Headline Comic Matt O'Brien

Special Guest, Michael McCreary, Aspie Comic

A night of comedy in support of the 1 in 68 persons diagnosed with Autism Spectrum Disorder.

Live Music • Delectable Fare • Amazing Auctions
Business Casual • Cash Bar

Online registration: www.kerrysplace.org/Public/evening-for-autism

York Support Services Network is hosting

Resource Drop-In Days

AURORA: November 5th (11:00 am to 7:00 pm)
240 Edward St., Unit 3, Aurora, ON

MARKHAM: November 10th (9:00 am to 5:00 pm)
50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: November 18th (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. Please call to book an appointment with a YSSN Case Manager

To book an appointment, please call 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

Health & Safe Sexuality—**November 10th, Durham**

Autism & Bullying—**November 20th, York**

Mindfulness: Tips for connecting to the present moment—**November 20th, Peterborough**

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

For information or to volunteer, contact 905 841 6611 Ext. 371 or fundraising@kerrysplace.org

Community Information

Newmarket Public Library

Estate Planning

Wednesday, Nov. 11th, 7:00 pm—8:30 pm

Multi-Purpose Room

Join David Duong and learn about:

- Reducing taxes on retirement income
- Issues related to Executors & Trustees
- Eliminating the estate tax trap
- Preventing estate distribution nightmares
- Protecting your assets and the assets of your beneficiaries

Gain insight to ensure you leave the legacy you want.

Admission: FREE

For more information or to pre-register 905-953-5110 Ext. 4770

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

Upcoming Workshops

Meditation Mondays

Monday, November 2nd, 1:00 pm to 2:30 pm

Monday, November 9th, 1:00 pm to 2:30 pm

Monday, November 16th, 1:00 pm to 2:30 pm

Monday, November 23rd, 1:00 pm to 2:30 pm

Presenter: Pamela Tarek

Learn and practice breathing exercises and a meditation technique that can be practiced at home between sessions.

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

Family Services of York Region

Fall 2015 Programs

Parenting for Life • Triple P 0—12 • Triple P Teen • Farsi Positive Parenting • South Asian Triple P • Spanish Triple P • Family Transitions Triple P • Men's Anger Management Positive Living • Positive Living Women's Support Group • Expressive Arts Support Group • Farsi Women's Support Group • Coping with Stress Through Mindfulness • Encouraging Heroes • Child Anger Management and Parent Program • South Asian Women's Support Groups

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

Events and Other Important Dates!

Hospice Georgina

Seniors Mentoring Program

Open House

Friday, November 13th, 12:00 pm to 3:00 pm

152 High Street, Sutton

- Become a volunteer while working with experienced mentors
- Work with families who are coping with a life-limiting illness

For information , call 905 722 9333 or email: car-ing@hospicegeorgina.com or visit www.hospicegeorgina.com

Bereaved Families York Region

23rd Annual Memory Tree of Light Remembrance Service

Wednesday, December 9th

6:30 pm Registration

7:00 pm to 9:00 pm Ceremony

Pickering College, Newmarket



The Annual Memory Tree of Light Remembrance Service is a tribute to loved ones who will be missed during the holiday season.

For info or to register, please call 905 898 6265 or 800 969 6904



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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.”