



YSSN Bulletin

Mental Health News

10th Education Conference on Mental Health

Caring Together: Addiction, Homelessness, Forensics & Mental Illness

Friday, October 23rd, Toronto Don Valley Hotel

Keynote Speaker: Dr. Peter Selby

Topics include:

- Treatment in the Community for Patients with Severe Mental Illness: Issues of Capacity & the Therapeutic use of Mental Health Law
- Addressing the Health Care Needs of Street Involved and Homeless Youth in Canada
- Women with Mental Illness: Perspectives from GTA
- Post-Hospital Treatment and Discharge Dilemmas
- Caring for the Marginalized: Trans-Institutionalized Mentally Ill Patients

Info or to register, please call 416 444 8455 or go to www.careconferences.com

Toronto Homelessness Research Symposium

Connecting Research to Practice: Developing Toronto's Research Agenda to Solve Homelessness

Monday, October 19th

9:00 am to 4:30 pm, North York Civic Centre, Toronto

This symposium will consist of a number of panels that will cover the themes of:

- Preventing homelessness
- Helping people to exit homelessness
- Creating options for housing with appropriate supports
- Developing coordinated systems responses

Enquiries and registration: <https://www.eventbrite.ca/e/toronto-homelessness-research-symposium-tickets>

Provincial HSJCC 2015 Conference

Mobilizing Community—Promoting Resiliency, Sustaining Recovery and Restoring Justice

November 16th to 18th, Toronto Marriott Eaton Center

Keynote Speakers:

- Sheldon Kennedy (Former NHL Player & Child Abuse Advocate, Sheldon Kennedy Child Advocate)
- Sgt. Chris Boddy & Dr. John Bradford—The Iacobucci Report
- Dr. Phil Klassen, University of Toronto /Ontario Shores Centre
- Robb Nash, Musician and youth advocate
- Madam Justice Heather Perkins-McVey

For further information, contact Sherry Sim, 866 655 8548 or email sherry@innovative4you.com

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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

Consultation and Mindfulness Group

For People Ages 30+ with a Diagnosis of Autism Level 1

Tuesdays, September 15th to October 20th

1:30 pm to 3:00 pm

COST: \$30.00 per individual, \$50.00 per couple

This group is composed of two components: The first portion is 45 minutes of group consultation discussing topics of interest or concern to the group and support strategies. The second portion is 45 minutes of mindful movement and breathing practices to develop and promote concentration, body awareness and relaxation.

Online registration; <https://secure.kerrysplace.org/Community/Programs>. Please call 905 713 6808 ext. 350 or e. yorksimcoeaccess@kerrysplace.org if you require assistance.

York Support Services Network is hosting Resource Drop-In Days

AURORA: October 20th (9:00 am to 5:00 pm)

240 Edward St., Unit 3, Aurora, ON

MARKHAM: October 8th (11:00 am to 7:00 pm)

50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: October 14th (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

Building Social Connections—**October 14th, Peel, Central West**

Siblings of Children with ASD—**October 16th, Durham, Central East**

Conversations about Autism—**October 20th, York, Central East**

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

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

Community Information

Newmarket Public Library

How to Teach Your Kids About Money

Wednesday, Oct. 7th, 7:00 pm—8:30 pm

David Duong from the Chartered Professional Accountants of Canada's Community Connect Program will discuss how to establish goals to raise money-smart children. Learn the right way to connect with pre-teens, teens, and emerging adults when discussing money matters, and how to provide them with the tips and skills that will last a lifetime

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

Grief Biography

Thursday, October 22nd, 1:00 pm to 3:00 pm

Presenter: Lesley Marcovich

This workshop is relevant to anyone who has experienced any painful or difficult emotional challenges in their life.

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

4th Annual Box Lunch Auction

Tuesday, October 13th



Participants are asked to donate a lunch or attend the Box Lunch auction to bid. Proceeds are in support of the United Way Toronto and York Region.

For information or to RSVP, please contact Laurie @ 905 722 9333.

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."