



YSSN Bulletin

Mental Health News

Home on the Hill

Lecture Series

Dr. Amir Barsoum

Wednesday, September 16th

Dr. Barsoum's lecture will explore the relationship between marijuana and psychosis. He will describe the symptoms and signs of psychosis, and the current understanding of the biology of psychosis. Family caregivers and members, mental health professionals, members of the community are most cordially invited to attend this presentation.

Please register @ kathleen.mochnecki@gmail.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>

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

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: September 17th (11:00 am to 7:00 pm)

240 Edward St., Unit 3, Aurora, ON

MARKHAM: September 22nd (9:00 am to 5:00 pm)

50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: September 9th (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

Dealing with Challenging Behaviours—**September 11th, York, Central East**

ASD: Supporting a New Diagnosis—**September 29th, Dufferin, Central West**

Healthy & Safe Sexuality in ASD—**September 30th, 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

Shakespeare 'Allowed'

Humber River Shakespeare Company & Newmarket Public Library invite you to read the plays of William Shakespeare aloud.

ROMEO & JULIET

Saturday, Sept. 26th, 1:00 pm—4:00 pm

Admission is FREE

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

Effective Communication Program

September to December 2015

Topics Covered Include:

- Sending Clear Messages
- Importance of Using "I" Language
- Listening Actively and Effectively
- Communication Styles
- Benefits of Assertiveness
- Barriers to Assertiveness
- Learning to Say "NO"
- Making Requests—Asking for what you need
- Closure

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

Lake Simcoe Arms Charity Golf Tournament

Wednesday, September 9th

Lake Simcoe Arms, Jackson's Point

Registration 11:30 am

Shotgun, 1:00 am, dinner 6:00 pm

- Space is limited to the first 25 paid teams
- Scramble (Best Ball)
- 18 holes
- Golf cart included
- Sponsorship available

For more information, please call 905 722 5999 or email laura@lakesimcoearms.com

Bereaved Families York Region

8th Annual Memorial Butterfly Release & 3rd Annual Walk To Remember

Saturday, September 19th

9:00 am Registration

10:00 am—Ceremony

Fairy Lake Park, Newmarket



The event consists of a ceremony and the release of hundreds of Painted Lady Butterflies followed by the Walk to Remember. These events are held to express sorrow for the loss of loved ones and to celebrate and honour their memory.

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."