



# YSSN Bulletin

## Mental Health News

### Family Connections North

#### Family Connections Group

Every other Thursday starting March 24, 7:00 pm to 9:00 pm

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

Group participants will:

- 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 and to register, contact [familyconnectionsnorth@gmail.com](mailto:familyconnectionsnorth@gmail.com) or call 416.716.2244*

### Cedar Centre

#### STAIR GROUP

*(Skills Training in Affective & Interpersonal Regulation)*

This is a mixed gender educational group for individuals who have experienced childhood sexual abuse and childhood interpersonal trauma. This 11-week program takes place from 6:00 pm to 8:00 pm in the Newmarket area.

*For info and to register, contact Catherine Chhina @ 905.853.3040 ext. 301 or e. [c.chhina@cedarcentre.ca](mailto:c.chhina@cedarcentre.ca)*

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### 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.

Meetings in Aurora, Bradford, Keswick, Markham, Newmarket and Richmond Hill.

Call 905 841 3977 or 1 866 208 5509 ext. 4255 for info

# Developmental Services News

## Kerry's Place Autism Services

**Consultation and Mindfulness Group for people ages 30 and up with a diagnosis of Autism Level 1**

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.

**Location:** Kerry's Place Autism Services, 38B Berczy Street, Aurora, ON L4G 1W9

**Dates:** Tuesdays, March 29th to May 24th

**Time:** 1:30 pm to 3:15 pm

**Cost per individual:** \$40.00, spouses are welcome

**Online registration:** [https://secure.kerrysplace.org/Community/Programs.aspx?currenttab=Groups&i\\_loc=](https://secure.kerrysplace.org/Community/Programs.aspx?currenttab=Groups&i_loc=)

## Community Living York South

### Family Network Meetings

Once a Month

7:00 pm to 9:00 pm

**Location:** 101 Edward Avenue, Richmond Hill or 144 Main Street, Markham

These information sessions are for people who have an intellectual disability and their families. This is also a great opportunity for you to network with other families.

**For more information when these information sessions take place contact Sadia Shauk @ 905 884 9110 ext. 640 or email [sshaukat@communitylivingyorksouth.ca](mailto:sshaukat@communitylivingyorksouth.ca)**

## York Support Services Network is hosting

### Resource Drop-In Days

**AURORA:** April 12th (9:00 am to 5:00 pm)

240 Edward St., Unit 3, Aurora, ON

**MARKHAM:** April 28th (11:00 am to 7:00 pm)

50 McIntosh Dr., Unit 239, Markham, ON

**VAUGHAN:** April 20th (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

CHAP Support Worker Orientation—**April 16th, Durham**

Internet Safety for Children and Young Adults on the Spectrum—**May 9th, York**

Strategies for teaching individuals with ASD online safety skills —**May 15th, Dufferin**

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

**For information or to volunteer, call 905 841 6611 Ext. 371 or e [fundraising@kerrysplace.org](mailto:fundraising@kerrysplace.org)**

# Community Information

## Women's Centre of York Region

### Upcoming Workshops

#### Healthy Nutrition for You and Your Family

*Monday April 18th, 6:30 pm to 8:30 pm*

This workshop is for anyone who would like to be able to affordably make healthier, more nutritious choices for themselves and their families.

#### Yoga for Mental Health

*Tuesdays, May 3rd to June 28th, 12:45 pm to 2 pm*

This yoga series is recommended for people with anxiety, depression, acute stress syndrome, panic attacks, insomnia and chronic fatigue syndrome.

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

## 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.**

## Newmarket Public Library

Introduction to Microsoft Office Word, Excel, PowerPoint

May 4th, 2016                      2:00 pm - 4:00 pm

**Location:** Newmarket Public Library

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.

Registration is suggested.

**Pre-register at the Lower Level Information Desk or call 905-953-5110 Ext. 4770**

## Family Services of York Region

### Coping with Stress Through Mindfulness

Dates: May 3rd to June 21st

Time: 10:00 am to 11:30 am

This 8 week support group is designed to help women learn about their personal coping strategies. The group will help each member explore more positive coping strategies to cope with stress, anxiety, and anger through utilizing diaphragmatic breathing, relaxation visualizations, and mindfulness training.

**For more information, please call 905 895 2371 or 888 223 3999 ext. 226**

## Events and Other Important Dates!

*Hospice Georgina*

### **Hike for Hospice**

Sunday, May 1st, 2016 (Rain or Shine)

Registration—12:00 pm

Opening ceremonies and warm up— 12:15 pm

Hike starts— 12:30 pm

Lunch— 1:00

Closing ceremonies and prize draw 2:00 – 2:30

**For information , call 905 722 9333 or email:  
caring@hospicegeorgina.com or visit  
www.hospicegeorgina.com**

*Bereaved Families York Region*

### **4th Annual Purse Auction/Jewellery Party**

Wednesday, April 13th

For more information, to register or become a vendor please call the office.

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



#### **York Support Services Network**

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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.”*