



YSSN Bulletin

Mental Health News



Imagine if everyone used coaching 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 by email: mfacecchia@yssh.ca or by phone: 905 898 6455 ext. 2575

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. 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

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

York Support Services Network is hosting

Resource Drop-In Days

AURORA: December 8th (9:00 am to 5:00 pm)

240 Edward St., Unit 3, Aurora, 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

The Understanding Asperger's Initiative: What Doctors Don't Tell You And Teachers Don't Know—**January 16th, York**

The Hidden Curriculum - Assisting Individuals with ASD to Navigate the Unwritten Rules of Various Environments — **January 15th, Simcoe**

Discussing the Diagnosis: Opening a Dialogue with Kids & Teens—**January 22nd, York**

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

Introduction to Microsoft Office Word, Excel, PowerPoint

January 6th, 2016 2:00 pm - 4:00 pm

February 3rd, 2016 2:00 pm - 4:00 pm

March 2nd, 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

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

Healthy Boundaries (Jan-March 2016)

- Orientation
- Recognizing Choices and Making Decisions
- Boundaries – Costs & Benefits
- Communication Boundaries – Getting More of What You Want
- Boundaries for Healthy Anger
- Relationship Boundaries – Balancing Intimacy and Independence
- Personal Boundaries – Moving from Selfless/Selfish to Empowerment
- Boundary Dilemmas and Parenting Boundaries
- Beating Procrastination

Learn how boundaries impact us in our everyday life and guides all our relationships.

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

Annual Open House

Wednesday, December 16th, 2:00 pm to 6:00 pm

152 High Street, Sutton

- Your neighborhood centre for care, support, grief healing and education.
- Open house is an opportunity to thank the community for their support.

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."