



YSSN Bulletin

Mental Health News

CMHA—York Region & South Simcoe

Courses

Living Life to the Full—8 Week Program

An evidence-based program developed by Dr. Chris Williams designed to help people enhance their coping skills when dealing with everyday life. An interactive course which introduces the principles of Cognitive Behavioural Therapy, and helps individuals understand their feelings and what to do about them. Each session booklet outlines a plainly-worded set of tools that allow participants to face and overcome their problems. The tools are designed to help people experiencing depression or anxiety, but also work for anyone seeking to worry less and live a happier life.

For more info, visit www.llttf.ca or www.cmha-yr.on.ca

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, Keswick, Markham, Newmarket and Richmond Hill.

Call 905 853 8477 or 1 866 208 5509 ext. 4227 for info

Eating Disorders of York Region's— Riverwalk Wellness Centres

Free Training for Front Line Professionals

Eating Disorders & Mental Health

Friday, July 11, 1 pm to 4 pm

Welcome Centre Immigrant Services, Richmond Hill

This training is suitable for social workers, physicians, nurses, counselors, teachers and other front line professionals. "Faces of Recovery" campaign members will join the panel for the question and answer period.

For more info, visit www.edoyr.com or call 905 886 6632

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Developmental Services News

Autism Ontario—York Chapter Updates

Charity Golf Classic

Cedar Brae Golf & Country Club, Scarborough

Proceeds to support specialized summer programs for campers with autism.

Monday, September 15th

Registration at 11:00

- BBQ Lunch 11:30 – 12:15
- Shotgun start at 12:30
- Refreshments at 6:00
- Dinner and prize presentations at 6:30

Live entertainment during dinner

Loyal True blue and Orange Home, Richmond Hill

Family Blue Jays Game

Saturday, August 9th

Jr. Jays Outdoor Activities begin @ 11am

Blue Jays vs. Detroit Tigers begins at 1 pm

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

York Support Services Network is hosting

Resource Drop-In Days

MARKHAM: July 24th (9am to 5pm)

50 McIntosh Dr., Unit 239, Markham, ON

AURORA: July 30th (11am to 7pm)

240 Edward St., Unit 3, Aurora, 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

City of Vaughan

2014 Summer Camps—Special Needs

Cuisine for Life—July 14/July 21/August 11/August 18
(9am to 4pm)

Maple Community Centre

Healthsize—July 7 to 11 (9am to 1pm)

Maple Community Centre

Kool Summer Dayz—June 30/July 14/July 28/August 11
(9am to 4pm)

Maple Community Centre

Leaders By Example—June 30/July 28 (9am to 4pm)

Maple Community Centre

For more info or to register, please visit [City of Vaughan @](http://City of Vaughan @ www.vaughan.ca)

www.vaughan.ca

Autism Spectrum Disorder Training

A wide range of free , professional and educational workshops available through Kerry's Place Autism Services.

Upcoming Workshops

Informing the Village—**September 6th, Peel**

CHAP Support Worker Orientation—**September 13th, Durham**

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

Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

July 16th, next group

Community Room, 2700 Rutherford Road, Vaughan

Register at <https://kerrysplace.org/Public/Camps-and-Groups>

Community Information

Newmarket Public Library

Introduction to MS Office

Introduction to Microsoft Office (Word, Excel, and PowerPoint) is a hands-on workshop. Ask questions and learn the basics, including registering for the library's software tutorial service.

Wednesday, July 9th—2pm to 4pm

Admission: \$2.00 per person

Newmarket Knitters

Pam Hambrook of Newmarket Public Library leads this knitting circle. All skill sets are welcome to attend.

Thursdays—7 to 8:30 pm

Admission: **FREE**

For more information or to pre-register, please call 905 953 5110 ext. 4770.

Family Services York Region Spring 2014 Groups

Triple P 0-12 • Chinese Triple P 0-12 • Anger Management for Men • Challenge of Anger for Women • Parenting for Life • South Asian Parenting • South Asian Women's Support Groups • Encouraging Heroes • Transgender Support Group • Free To Be Child/Parent Group

For program info, program dates and registration fees, please visit www.fsyrc.ca or Email groupservices@fsyr.ca

Catholic Community Services of York Region Spring 2014 Groups & Workshops

Focus on Fathers • Reconnecting Fathers • Bridge Group for Women • Newcomer Women's Support Group • Preparing New Parents Program • Parents of Teens • Triple-P in Farsi • Parents and Grandparents Program • Step-Parenting Program • Financial Literacy Workshops • Divorce Care

All programs are offered FREE of charge but registration in advance is required.

For more information, please call 905 770 7040 or 800 263 2075 ext. 241

Hospice Georgina

Women's Cancer Support

A Georgina Women's Support Group

Group meets every other Thursday of each month, 2 to 3:30 pm

All sessions, FREE and led by a trained breast cancer survivor

For more information, please call 905 722 9333 or visit www.hospicegeorgina.com

Events and Other Important Dates!

Alzheimer's Society of York Region

York Region Golf Challenge

July 30th, 7:30am Registration & Breakfast

Country Club Golf Course

20 Lloyd Street, Woodbridge

Complimentary Golf Cart, Breakfast, Lunch, Live and Silent Auction.

For info, please call 905 895 1337 ext. 33, toll-free 888 414 5550.

Newmarket jazz+ Festival 2014

August 1, 2, 3 and 4th

Riverwalk Commons, Newmarket

Please visit www.newmarketjazzfestival.com

For info, please call 905 895 1337 ext. 33, toll-free 888 414 5550.



Bereaved Families of York Region

7th Annual Memorial Butterfly Release & 2nd Walk to Remember

September 20th, 10am to 12 pm

Fairy Lake Park, Newmarket

This event includes:

- Inspirational songs and readings
- Picnic in the Park
- Release of Painted Lady Butterflies and doves
- Walk to Remember at Fairy Lake Park

Please call 905 898 6265 or 1 800 969 6904 for more info or visit www.bfoyr.com



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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."