



# YSSN Bulletin

## Mental Health News

### **STOP Program: Support for Ontario Smokers who wish to quit smoking**

*Presented by Centre for Addiction and Mental Health and The Region of York*

The **STOP program** delivers research-based, cost-free smoking cessation workshops in local communities. Eligible Participants will be required to attend an **educational session** and will receive a five-week course of **nicotine patches**.



#### Workshop(s) will be held on:

**Wednesday, November 26th**

12 pm to 3 pm in Georgina

6 pm to 9 pm in Newmarket

To learn more, see if you qualify and to register, contact: 905 830 4444 ext. 73052. Phone lines open November 3rd.

### **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

### **Southlake Regional Health Centre**

#### **11<sup>th</sup> Annual Dr. L. Morley Smith**

#### **Mental Health Academic Clinical Conference**

November 7th, 8:30 am to 4 pm

Southlake Regional Health Centre

581 Davis Drive, Medical Arts Building

Early Registration Fee: \$140.00 (before October 3rd)

\$175.00 (after October 3rd)

Special Group Rate: \$115.00 (four or more registrants)

For more info, please contact: Michele Cook, Educator, Ext. 5020 or Nikki Sturgeon, Admin Asst., Mental Health Ph: 905 895 4521, ext. 6348 or via email: [nsturgeon@southlakeregional.org](mailto:nsturgeon@southlakeregional.org)

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# Developmental Services News

## Autism Ontario—York Chapter Updates

### Program for the Education and Enrichment of Relationship Skills (PEERS)

Thursday evenings starting November 13th, 6:30 pm to 8 pm, Loyal True Blue & Orange Home, Richmond Hill

A 14-week, evidence-based social skills intervention for motivated teens ages 13 to 19 yrs. who are currently enrolled in school and interested in learning new ways to help them make and keep friends.

### Sibshops

Monday evenings starting November 10th, 6:30 pm to 8:30 pm, O.M MacKillop School, Richmond Hill

For brothers and sisters of individuals with Autism Spectrum Disorder who are 8 to 14 yrs. old. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities.

Please go to [www.autismontario.com/york](http://www.autismontario.com/york) for info

## York Support Services Network is hosting Resource Drop-In Days

**AURORA:** November 6th (9am to 5pm)  
240 Edward St., Unit 3, Aurora, ON

**MARKHAM:** November 18th (11am to 7pm)  
50 McIntosh Dr., Unit 239, Markham, 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

## Markham Advisory Committee on Accessibility

### Markham's 3rd Annual Accessibility Fair

Saturday, November 1st, 10 am to 4 pm

Thornhill Community Centre

Join ParaSport Ontario Ambassadors and celebrate an active and healthy lifestyle for people with disabilities.

- Wheelchair Ballroom Dance
- Wheelchair curling
- Tai Chi, Goal Ball, Boccia
- Accessibility Exhibitors & Displays
- FREE admission, plus much more...

For more info, contact Jessica Yau @ 905 477 7000 ext. 2658 / [jyau@markham.ca](mailto:jyau@markham.ca)

## Autism Spectrum Disorder Training

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

## Upcoming Workshops

Exploring & Understanding the Benefits & Applications of Snoozelen/Multi-Sensory Environments—**November 10th, York**

Autism & Hearing Sensitivities—**November 17th, Simcoe**

What Really Works: Strategies for Managing Anxiety—**November 19th, Dufferin**

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

## Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

November 19th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

# Community Information

## Newmarket Public Library

### Fall Digitization Days

Preserve your personal documents & family memories

Saturday, November 8th, 9:30 am to 4:15 pm

Bring in old family photos and documents such as birth certificates and driver's licenses, and create digital copies using the library's Zeta digital scanner.

You can also upload items that could become part of the library's local history collection. Call to book an appointment, space is limited.

### Introduction to Microsoft Office Word, Excel, PowerPoint

November 12th, 2 pm to 4 pm

December 10th, 2 pm to 4 pm

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.

Admission: \$2 per person

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

## Hospice Georgina

### 3rd Annual Box Lunch Auction

November 25th, 12 to 2 pm

152 High St., Sutton

Participants are invited to donate a lunch and attend the auction to place a bid on other lunches. Proceeds are in support of United Way York Region.

For more information, please call Laurie @ 905 722 9333 or visit [www.hospicegeorgina.com](http://www.hospicegeorgina.com)



## Catholic Community Services of York Region 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

## Family Services of York Region Groups & Workshops

### Drop-In Parenting Support Groups

Wednesdays, 6:30 to 8 pm

- Improved Communication with your Children
- Positive Approaches to Discipline
- Manage Behaviours
- Establish Good Routines

For more information, please call 905 895 2371 or 888 223 3999

## Events and Other Important Dates!

*Women's Centre of York Region presents...*

### **Holiday Fashion Show 2014**

Sunday, November 9th, 12 pm

Madsen's Greenhouses, Newmarket

Tickets include:

- Fashion Show
- Sit Down Lunch
- Door Prizes
- Raffle
- York Region Firefighters modelling

By Creative Colours Fashions & M.R. Menswear  
with all proceeds to benefit Women's Centre of  
York Region

**For info, please visit <http://www.wcyr.ca>.**

*Doane House Hospice presents...*

### **5th Annual Hospice Craft & Gift Show**

*(same day as Newmarket Santa Clause Parade)*

Saturday, November 15th, 10 am to 4 pm

Newmarket Community Centre, 200 Doug Duncan Drive

A benefit in support of Doane House Hospice featuring numerous vendors. Shop 'til you drop! Start your Christmas shopping and join us for our exciting Hospice Craft & Gift Show where there will be variety of vendors who will be selling a select array of eclectic items to suit all tastes and budgets.

**For more info, please call 905-967-0259 or visit [doanehospice.org/Events](http://doanehospice.org/Events).**



#### **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."*