



YSSN Bulletin

Mental Health News

Tobacco Addiction Recovery Program (TARP)

Presented by YSSN, Markham-Stouffville Hospital and LOFT Community Services

For Individuals living with serious mental illness.

With the generous support of the Regional Municipality of York through their Community Investment Strategy for 2014, York Support Services Network, working in partnership with Markham-Stouffville Hospital and LOFT Community Services, has been pleased to offer the Tobacco Addiction Recovery Program (TARP). TARP assists individuals living with serious mental illness to reduce or quit their smoking. The first sessions of the TARP program which took place during the months of April, May and June 2014, were offered to individuals receiving service with YSSN, LOFT Community Services or Markham-Stouffville Hospital. TARP participants provided very positive feedback about the program including increased confidence, knowledge and coping strategies to help them stop or reduce smoking. They also reported better overall health and financial benefits from their participation.

The TARP program consists of:

- 11 weekly group meetings
- FREE nicotine replacement therapy (NRT) to help with nicotine withdrawal (patch, gum, lozenge, inhaler)
- Cognitive-behavioural, harm reduction and nicotine withdrawal management strategies to assist participants in meeting their goals.
- Transit tickets available to eligible participants
- Healthy snacks served at each meeting



Fall TARP Program Information:

Markham: Thursdays starting September 11th, 1:30 pm to 3 pm

Aurora: Tuesdays, starting September 23rd, 1 pm to 2:30 pm

To register, please contact Chris Rollings @ 905 305 7440 ext. 4221 or email crollings@yssn.ca

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CMHA—York Region

Support for Depression Meetings

Support for Depression offers individuals who are experiencing depression an opportunity to share experiences in a safe, non-judgmental atmosphere. Meetings in Aurora, Keswick, Markham, Newmarket and Richmond Hill.

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

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: August 6th (9am to 5pm)

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

City of Vaughan

2014 Summer Camps—Special Needs

Cuisine for Life—August 11/August 18 (9am to 4pm)
Maple Community Centre

Kool Summer Dayz—August 11 (9am to 4pm)
Maple Community Centre

Taekwondo Camp—August 11/August 18 (9am to 4pm),
Vellore Village Community Centre

Tennis Tremendous—August 11 (9am to 4pm)
Vaughan Secondary School
Vellore Village Community Centre Tennis Courts

For more info or to register, please visit City of Vaughan @
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

August 20th, 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

Saturdays: September 13, October 11 & November 8

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.

Newmarket Knitters

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

Thursdays — **7pm to 8:30 pm** Admission: **FREE**

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

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

Painted Perch Challenge

Saturday, August 16th, noon to 7 pm

Hospice Georgina is taking part in the Painted Perch Festival @ Jackson's Point Parkette. The festival features kids games, crafts, face painting, vendors and artisans.

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

Events and Other Important Dates!

Alzheimer's Society of York Region

Coffee Break

Coffee Break is a nationwide annual fundraising event that raises money to support the work of Alzheimer Societies across Canada. All funds raised are used to help fund local programs and services for people with Alzheimer's disease, their caregivers and their families.



To host a coffee break, contact Elaine Ross, Event Coordinator @ 905-895-1337 or 1-888-414-5550 ext. 22.

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."