



YSSN Bulletin

Mental Health News



Krasman Centre

Family Support Program

First Sunday and third Tuesday of every month (December 1st and 19th), 7 to 9 pm

10121 Yonge St., Richmond Hill

This program offers resource services to families of psychiatric survivors. The philosophy of the program is that people can and do recover and that families can play a major supportive role in the process.

Contact Karen Cox @ 905 780 0491 ext. 117 or kcox@krasmancentre.com for more information.

Bell

Let's Talk Mental Health Initiative

Bell has been honoured by Excellence Canada with a *Canada Award for Excellence* in recognition of its workplace mental health program.

To learn more about this national charitable program, please visit Bell.ca/LetsTalk.

CMHA York Region

Support for Depression Meetings

An opportunity for individuals with depression to share experiences in a non-judgmental and supportive environment.

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

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

Home on the Hill Speaker's Series

How to Control Your Anxiety Before It Controls You with Dr. Mark Berber

Tuesday, January 14th, 7 pm

St. Mary's Anglican Church, Richmond Hill

Dr. Berber reviews the features of all the major anxiety disorders, introducing simple to use tools that facilitate their accurate diagnosis. The neurobiology, epidemiology and impact of the anxiety disorders on function are examined and Dr. Berber explains in a step-by-step manner, the best psychological and pharmaceutical strategies for overcoming these common disorders.

For information, please visit www.home-on-the-hill.ca.

CMHA York Region and South Simcoe

Employment Support Program Drop-in Service

The Career Café is a drop-in employment support service which includes access to an employment worker and resources.

Open Fridays 10 am to 1 pm, 15150 Yonge St., Aurora

Call 905 853 8477 or 1 866 208 5509 e. www.cmha-yr.on.ca

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Developmental Services News

Reena

Presents

Holocaust Education: The First Victims

New Course for January 2014

This course will focus on the over 200,000 individuals with disabilities who were among the first victims targeted by the Nazi regime. The course will include a presentation and discussion around the atrocities that took place during this time in history and the affect it has had on the footprint of the world and our communities.

For more info, please go to www.reena.org

Autism Spectrum Disorder Training

A wide range of free , professional and educational workshops available through Kerry's Place Autism Services. All ASD Training initiative focuses on increasing the knowledge and skills of respite workers, families and agency staff about Autism Spectrum Disorders and Respite Services.

Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

December 18th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

Autism Ontario—York Chapter Updates

Monday Night Drop-in Groups

December 9th—Skills 'n' Drills

December 16th—Holiday Party

Parent Support Groups

Location: Loyal True Blue and Orange Home

11181 Yonge Street, Richmond Hill, ON

Meeting Room B13

2013 Dates: Sept. 10th, Oct. 15th, Nov. 12th, Dec. 3rd

Time: 7:00pm – 9:00pm

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

York Support Services Network is hosting

Resource Drop-In Days

VAUGHAN: Jan. 14th (9am to 4pm)

9401 Jane St, Ste 14, 3rd Floor, Maple, ON

NEWMARKET: Jan. 23rd (11am to 7pm)

17565 Yonge St., Unit 5, Newmarket, ON

MARKHAM: Jan. 28th (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

Community Information

Women's Centre of York Region

Financial Literacy Program

January 2014

This free program is designed to help improve the financial capability of women in a safe, non-judgmental environment.

Topics include, credit, budgeting, debt management, savings and how to cope with financial stress.

Please contact Fran Clare @ 905 853 9270, ext. 104 or email fclare@wcyr.ca.

City of Vaughan Presents...

Drop-In Dance

First Friday of Every Month

For Ages 14 and up

Maple Community Centre, 10190 Keele Street, Maple

7 to 9 pm

Listen to your favourite music, dance, make friends and enjoy light refreshments. In a safe, comfortable and fun environment, individuals with disabilities are encouraged to stay active, socialize, meet friends and develop their communication skills. **Cost:** \$10.81/evening .

For information about special needs programs or support, email specialneeds@vaughan.ca.

Catholic Community Services of York Region Winter 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

Mosaic Interfaith Out of the Cold Out of the Cold York Region—Winter 2013

The Mosaic Interfaith Out of the Cold Programs (MIOTC) is a central organization that coordinates the 'Out of the Cold' shelters for the homeless within York Region. The program is operated by nine host communities.

Services Available:

- Overnight Bed
- Dinner, breakfast, bagged lunch
- Transportation to/from
- Bus tokens (limit 1)
- Clothing Bank
- Nurses/Medical Care
- Showers (at some sites)

For more information, please call MIOTC, 416 948 6682 or visit www.miotc.ca

Events and Other Important Dates!



Newmarket Public Library

Adult Programs

Computers 101

An introduction to computers for the beginner. Learn about PCs, the difference between software and hardware, popular computer programs and more.

Wednesday, January 11th—2pm to 3pm

Wednesday, February 12th—2pm to 3 pm

Admission: \$2.00 per person

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

On behalf of the YSSN Board of Directors and Staff, we would like to extend our sincere wish for a safe and happy holiday season to service users, friends, community partners and supporters.



York Support Services Network

25 Millard Ave W
Newmarket, ON
L3Y 7R6

Phone: 905-898-6455 / 1-866-257-9776

Fax: 905-898-1171

Submissions: crollings@yssn.ca

Editor: charley@yssn.ca

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."