



# YSSN Bulletin

## **CAMH, York Region and the STOP Program**

The **STOP** program delivers research-based, cost-free smoking cessation workshops in local communities.

Workshop(s):

- February 10th, 12 – 3pm in Richmond Hill
- February 12th, 12 – 3pm in Georgina
- February 12th, 6 – 9pm in Newmarket

To learn more, see if you qualify and to register, contact 905 830 4444 ext. 73052.

For more info, please call 416 535 8501 ext. 4455/800 463 6273 or email [stop.study@camh.ca](mailto:stop.study@camh.ca), [www.camh.ca](http://www.camh.ca)

## **Krasman Centre**

Family Support Program

First Sunday and third Tuesday of every month (February 2nd and 19th), 7 to 9pm

Men's Group & Women's Group

Thursdays, 2pm

10121 Yonge St., Richmond Hill

Contact Karen Cox @ 905 780 0491 ext. 117 or [kcox@krasmancentre.com](mailto:kcox@krasmancentre.com) for more information.

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## *Mental Health News*

### **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

### **CMHA York Region and South Simcoe**

Housing First Program

This program will assist individuals with mental health or addiction issues who are homeless or precariously housed (for 3 months or more), secure and maintain housing. This service is mobile, accessible, voluntary and responsive to client needs.

Contact Sharon Suter @ [ssuter@cmha-yr.on.ca](mailto:ssuter@cmha-yr.on.ca) for more info.

### **Mood Disorders Association of Ontario**

Mindfulness in Everyday Life Program

Five week introductory program to those new to mindfulness or those familiar with mindfulness and wishing to practice their skills in a supportive group. Information Session: February 25th, 4 to 6pm

Class Dates: Tuesdays 4 pm to 5 pm from March 4th—April 1st

Call 416 486 8046 or 1 888 486 8236 or goto [ww.mooddisorders.ca](http://ww.mooddisorders.ca) for info

# Developmental Services News

## 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.

## Upcoming Workshops

The Hidden Curriculum-Assisting Individuals with ASD to Navigate the Unwritten Rules of Various Environments—

**February 7th, Simcoe**

Apps & Autism—**February 19th, Durham**

Teaching the 6 Essential Life Skills to Parents & Individuals—

**February 24th, Simcoe**

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

## Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

February 19th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

## York Support Services Network is hosting

### Resource Drop-In Days

**MARKHAM:** Feb. 13th (9am to 5pm)

50 McIntosh Dr., Unit 239, Markham, ON

**NEWMARKET:** Feb. 13th (9am to 5pm)

17565 Yonge St., Unit 5, Newmarket, ON

**VAUGHAN:** Feb. 18th (9am to 4pm)

9401 Jane St., 3rd Floor, Suite 14, Maple, 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

## Children's Treatment Centre Inclusive Recreation Information Fair

Sunday, February 9th

1:30pm to 4:30pm

Richmond Green Secondary School, Richmond Hill

PLEASE JOIN US & LEARN MORE ABOUT SERVICES FOR

ALL AGES...

- Summer Camps
- Respite Services
- Transitioning to Adult Services
- Financial Planning
- Young Adult Day Programs
- Recreation Programs
- Swimming Lessons
- Adaptive Activities

For info, please contact Kelly Lapham, Inclusive Recreation Coordinator @ [klapham@yssn.ca](mailto:klapham@yssn.ca) or 905 898 6455 ext. 2427

## Autism Ontario—York Chapter Updates

### Sibshops

February 3rd and March 3rd

6:30pm—8:30pm

O.M. MacKillop School, Richmond Hill

### Adult Life Skills Cooking Program

Thursdays starting Jan. 16th

7—8:30pm

Loblaw's Cooking School, 301 High Tech Rd., Richmond Hill

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

# Community Information

## Women's Centre of York Region

### Enterprising Careers

A Career Exploration Program for Women

Four Sessions to choose from starting January 2014

- Discover employment options that 'fit' your personality
- Build self-confidence as you identify your interests & skills
- Research occupations & make a job search action plan
- 3-hour weekly group sessions combined with one-on-one counseling
- On-going support in the program for one year
- Networking events with special guest speakers
- Childminding available Tuesday mornings in Newmarket

### 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](mailto:fclare@wcyr.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 2014

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](http://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, February 12th—2pm to 3pm

Wednesday, March 12th—2pm to 3pm

Wednesday, April 9th—2pm to 3pm

Admission: \$2.00 per person

##### Career Advantage Workshops

Vicki Maguire of Everest College offers workshop participants skills to gain an advantage in their career search.

Interviewing Techniques—2pm to 3pm

Wednesday, March 12th—2pm to 3pm

Wednesday, April 9th—2pm to 3pm

Admission: \$2.00 per person

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

### Bereaved Families of York Region

#### Purse Auction & Jewellery Party

April 9th, 2014, 7 to 10pm

Newmarket Community Centre

200 Doug Duncan Drive, Newmarket

Price: \$25 per/person, early bird deadline before March 21st

**Please call 905 898 6265 or 1 800 969 6904 for more info or visit [www.bfoyr.com](http://www.bfoyr.com)**



### Alzheimer's Society of York Region

#### Pheasant Run Golf Tournament

May 28, 2014

Pheasant Run Golf Course

18033 Warden Ave., Sharon

Please **SAVE THE DATE** for this annual fundraising event.

**For info, please goto [www.alzheimer.ca/york](http://www.alzheimer.ca/york)**



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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."*