



# YSSN Bulletin

## Mental Health News

### Krasman Centre

#### Family Support Program

First Sunday and third Tuesday of every month (January 5th and 21st), 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 at 905 780 0491 ext. 117 or [kcox@krasmancentre.com](mailto:kcox@krasmancentre.com) for more information

### Bell Let's Talk

Join the conversation. On January 28, Canadians are asked to join the conversation to help end the stigma of mental illness.

For every text message sent and every long distance call made by Bell customers on that day or anyone who shares Bell Let's Talk image on Facebook or Tweets using #BellLetsTalk, Bell will donate 5¢ more to Canadian mental health programs.

For more information, visit [bell.ca/letstalk](http://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](http://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

Contact 905 853 8477 or 1 866 208 5509 or [www.cmha-yr.on.ca](http://www.cmha-yr.on.ca)

### Inside this issue:

Mental Health News	1
Developmental Services News	2
Community Information	3
Events & Other Important Dates	4

# Developmental Services News

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

## 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

Relationships—Uncharted Territory—**January 14th, Simcoe**

CHAP Support Worker Orientation—**January 18th, Simcoe**

Intro To Autism/CHAP Orientation—**January 21st, York**

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

## Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

January 15th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

## Autism Ontario—York Chapter Updates

### Sibshops

January 6th, 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

Loblaws Cooking School, 301 High Tech Rd., Richmond Hill

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

## York Support Services Network is hosting

### Resource Drop-In Days

**MARKHAM:** Jan. 28th (11am to 7pm)

50 McIntosh Dr., Unit 239, Markham, ON

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

17565 Yonge St., Unit 5, Newmarket, ON

**VAUGHAN:** Jan. 14th (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

# 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 and make a job search action plan
- 3-hour weekly group sessions combined with one-on-one counseling
- Ongoing support in the program for one year
- Networking events with special guest speakers
- Child-minding 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 at 905 853 9270, ext. 104 or [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, 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, call MIOTC, 416 948 6682 or visit [www.miotc.ca](http://www.miotc.ca)

## Events and Other Important Dates!



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

Eligible participants will:

- Attend an educational session
- Receive a five-week course of nicotine patches

Workshop(s) will be held on:

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

To learn more, see if you qualify and to register, contact

**Phone line opens** Monday, January 20th

905 830 4444 ext. 73052

For more detailed information on the STOP program, call 416 535 8501 ext. 4455 or email [stop.study@camh.ca](mailto:stop.study@camh.ca) [www.camh.ca](http://www.camh.ca) or call 416 535 8501 (800 463 6273)



### 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](mailto:crollings@yssn.ca)

Editor: [charley@yssn.ca](mailto:charley@yssn.ca)

### 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 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, call 905 953 5110 ext. 4770.

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 visit [www.alzheimer.ca/york](http://www.alzheimer.ca/york)



## 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."*