



YSSN Bulletin

Mental Health News

CMHA York Region

Bounce Back Program

Bounce Back is an evidenced-based program designed to help adults overcome symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.

The program is based on a five areas approach which addresses:

1. Life situations, problems, and difficulties
2. Symptoms in the body
3. Unhelpful thinking
4. Altered feelings (moods or emotions)
5. Altered behavior and reduced activities

For info and to register, contact http://www.cmha-yr.on.ca/york-mental-health/bounce_back/ or call 905.841.3977

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Mackenzie Health Centre

Resource Days

Centre for Behaviour Health Sciences, York Office, 13311 Yonge Street, Suite 115, Richmond Hill

Drop in Dates: July 12th, August 9th, September 13th, October 11th, November 8th and December 13th

Resource Days are offered for parents, caregivers, residential supports and daycare staff. Participants meet with a behaviour consultant and take home the tools and tips to get started and ask questions. Topics include sleep, toileting, safety, building cooperation and preventing problem behaviour.

For info, contact 905.773.2362.

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.

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

Call 905 841 3977 or 1 866 208 5509 ext. 4255 for info

Developmental Services News

Reena

Outreach Programs

Reena offers programs throughout the school year and during school breaks. Individuals who attend these programs have an opportunity to socialize, develop independence and access their community.

- Programs include:
- Sunday Friends Club South
- Athletic Club
- Café Lundi
- Swim Club
- Special Olympics Bowling
- Special Olympics Basketball
- Cooking Club

To register, please contact **Robyn Switzer, Resource Supervisor @ rswitzer@reena.org or call 905.889.2690 ext. 2116**

York Support Services Network is hosting

Resource Drop-In Days

AURORA: July 5th (9:00 am to 5:00 pm)

240 Edward St., Unit 3, Aurora, ON

MARKHAM: July 21st (11:00 am to 7:00 pm)

50 McIntosh Dr., Ste. 239, Markham, ON

Resource Days are offered for parents, caregivers and professionals. Please call to book an appointment with a YSSN Case Manager.

To book an appointment, please call 905 898 6455 Ext. 2574

Community Living York South

Marketplace Markham

Summer Calendar 2016

Pay It Forward Mornings: A 7 week workshop for creating a Movement, Leadership and making a difference in the world.

Location: Tony Wong Place, 25 Deveril Court, Markham

Dates: July 5th and 12th, August 2nd to August 30th

Time: 9:30 am to 12:00 noon

Cost: \$50.00

For more information and to register contact 905.294.4971 ext. 450 or email marketplace@communitylivingyorksouth.ca

Autism Spectrum Disorder Training

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

Upcoming Workshops

CHAP Support Worker Orientation—**August 25th, Durham**

Building Social Connections —**September 13th, Waterloo**

CHAP Support Worker Orientation —**September 24th, Durham**

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

For information or to volunteer, call 905 841 6611 Ext. 371 or e fundraising@kerrysplace.org

Community Information

Newmarket Public Library

Introduction to Microsoft Office Word, Excel, PowerPoint

July 6th, 2016 2:00 pm—4:00 pm

August 3rd, 2016 2:00 pm—4:00 pm

Location: Newmarket Public Library

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.

Pre-register at the Lower Level Information Desk or call 905-953-5110 Ext. 4770

Community Legal Clinic

In partnership with LAO

Family Law Advice Service

Every Tuesday afternoon

21 Dunlop St., Suite 200, Richmond Hill

Individuals can call to book an appointment to see a lawyer for half an hour consultation.

Space is limited.

For more information or to book an appointment, please call 905 508 5018 or 1 888 365 5226.

Women's Centre of York Region

Upcoming Workshops

Self-Empowerment

September to December 2016

The development of self-empowerment is a process of self-discovery, learning new behaviours and deciding where and how to use those behaviours. Participants learn about themselves, recognize their choices and the consequences of those choices.

For info or to register, please call Women's Centre of York Region at 905-853-9270.

Family Services York Region



Counselling for Lesbian, Gay, Bisexual, Transgender, Two Spirit and Queer Individuals

FSYR identifies as a safe space and requires all staff to attend LGBTTQ sensitivity and awareness training. In addition, FSYR has professional counsellors who are members of the LGBTTQ community. Counsellors are experienced in LGBTTQ related issues such as:

- Coming out
- Sexual orientation & gender identity issues
- Life transitions
- Relationship issues
- Marriage transitions
- Couple conflict
- Discrimination
- Aging, parenting

Referral and Support Line 1-888-York-LGBT (1-888-967-5542).

Events and Other Important Dates!

Hospice King

Jitterbug Ball

Saturday, October 14th

Hazelton Manor, Vaughan

This event, held every other year, benefits hospice care and bereavement support programs for the community.

For tickets, sponsorship opportunities or more information, please call 905.727.6815 or email jbb@hospicekingaurora.ca

Bereaved Families York Region

9th Annual Butterfly Release and 4th Annual Walk To Remember

Saturday, September 17th

Fairy Lake Park, Newmarket



The morning consists of a ceremony and the release of hundreds of monarch butterflies followed by the Walk to Remember. These activities will help us to express our sorrow for the loss of our loved ones and to celebrate and honour their memory.

The event also includes:

- inspirational songs and readings
- the release of white doves
- children's butterfly colouring activity
- a "Walk to Remember" along the tranquil paths beside Fairy Lake
- a picnic - food and refreshments provided by the Optimist Club of Aurora with proceeds donated to Bereaved Families

For info or to register, please call 905 898 6265 or 800 969 6904



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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."