



YSSN Bulletin

Mental Health News

Presented by Addiction Services for York Region (ASYR) & Canadian Mental Health Association (CMHA) York Region

York Region Addiction & Mental Health Conference

Featuring Dr. Gabor Mate'

April 7th and 8th, 8:30 am to 4:30 pm
Hilton Garden Inn, Toronto/Vaughan

Dr. Mate' presents a two-day workshop focusing on Addiction; Mental Illness; Attachment Theory; Loss, Stress and Trauma; "When the Body Says No" - Avoiding Compassion Fatigue; and Caring for Self While Caring for Others.

For more info, please go to www.asyr.ca or www.cmha-yr.on.ca

Krasman Centre

Family Support Program

First Sunday and third Tuesday of every month (March 2nd and 18th), 7 to 9pm

Contact Karen Cox at 905 780 0491 ext. 117

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 at 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.

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

Call 416 486 8046 or 1 888 486 8236 or go to ww.mooodisorders.ca for info

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Developmental Services News

Autism Ontario—York Chapter Updates

Monday Night Drop-In Programs

O.M. MacKillop School, Richmond Hill

Sibshops

April 7th, 6:30pm—8:30pm

Girls' Night

March 17th, 6:30—8:30pm

An opportunity for girls on the Autism Spectrum to participate in a variety of active and fitness related activities.

Sensory Play

March 24th, 6:30—8:30pm

Creative Creations

March 31st, 6:30—8:30pm

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

York Support Services Network is hosting

Resource Drop-In Days

MARKHAM: March 4th (11am to 7pm)
50 McIntosh Dr., Unit 239, Markham, ON

NEWMARKET: March 18th (11am to 7pm)
17565 Yonge St., Unit 5, Newmarket, ON

VAUGHAN: March 25th (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

Reena

Summer Camp 2014

Camp Reena North—For Ages 7+

Camp Reena South—For Ages 10 to 25 yrs.

9 am to 4 pm Daily

Weeks starting July 2nd through to August 22

Camp activities include bus trips to Wild Water Works, Toronto Beaches, The Toronto Zoo, Adventure Village and much more. Participants will take part in cooperative games, sports, arts & crafts, music cooking & life & social skills.

For 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.

Upcoming Workshops

Apps & Autism—**March 19th, Simcoe**

Introduction to Multi-Sensory Environments—**March 20th, York**

Adult Sensory Needs—**March 24th, York**

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

Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

March 19th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

Community Information

Women's Centre of York Region Financial Literacy Program

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.

Six week group sessions are available at two locations:

York Region Centre for Community Safety

Tuesday Mornings, 10 am to 12 noon (childcare provided)

Women's Centre of York Region

Thursday Afternoons, 1 pm to 3 pm

Orientations will be held March 11th, 10am at YRCCS and March 13th, 1 pm at WCYR.

Please contact Fran Clare at 905 853 9270, ext. 100 or email fclare@wcyr.ca.

Family Services York Region Winter 2014 Groups

Triple P 0-12 • Chinese Triple P 0-12 • Anger Management for Men • Challenge of Anger for Women • South Asian Women's Support Groups • Encouraging Heroes • Transgender Support Group

For program info, program dates and registration fees, please visit the website.

Website: www.fsyr.ca or Email: groupservices@fsyr.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

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, 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.

Professionalism, March 18th—12:30 pm to 1:30 pm

Networking/Hidden Job Market, April 15th—12:30 pm to 1:30 pm

Portfolio Building, May 20th—12:30 pm to 1:30 pm

Admission: **FREE**

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

Bereaved Families of York Region

Purse Auction & Jewelry 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



Alzheimer's Society of York Region

Pheasant Run Golf Tournament

May 28, 2014

Pheasant Run Golf Course

18033 Warden Ave., Sharon

12:00 pm Shot Gun Start

Registration: \$200.00 per person, \$800.00 for a foursome.

Register online at 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."