



YSSN Bulletin

Exciting News—YSSN is Moving!

York Support Services Network is excited to announce that as of June 23rd, 2014, we are moving our Central Program and Administrative offices into our new Aurora location:

**240 Edward Street, Unit 3
Aurora, ON L4G 3S9**

Our main contact numbers will remain the same and our 310-COPE, Markham and Satellite offices will remain in their current locations. *More details will follow...*

Mental Health News

Krasman Centre

Family Support Group

Third Tuesday of May (May 20th), 7 to 9pm

Family Wellness Recovery Action Plan (WRAP)

This is an 8 week practical self-help recovery education series focused on :

- gaining control of your own life through self-care and understanding of self-care for your loved one
- gaining a sense of control in the family as a unit
- sharing resources & strategies

For more info, please contact Karen Cox @ 905 780 0491 ext. 117

The Trauma Centre

Dialectical Behaviour Therapy

One Day Training Facilitated by Sheri Van Dijk, 8:30 am to 4:30 pm

The Facilitator has extensive training in mindfulness, dialectical behavior therapy and cognitive-behavior therapy, and has been providing DBT-informed therapy for the past nine years.

Please visit www.thetraumacentre.ca for information.

Regional Education Committee for Mental Health and Addictions

The 4 A's: Move your clients towards positive change...by addressing their alcohol and tobacco use.

Monday, June 16th, 9 to 12pm—Regional Municipality of York, Richmond Hill

Attend this session to learn about the latest trends including e-cigarettes and changing access to alcohol in communities.

To register for this workshop, please contact Chris Rollings @ 800 887 3679 ext. 4221 or email rollings@yssn.ca.

Inside this issue:

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

Developmental Services News

Autism Ontario—York Chapter Updates

Monday Night Drop-In Program

Sibshops

June 2nd, 6:30pm—8:30pm

O.M. MacKillop School, Richmond Hill

Children's Friendship Training

April 2nd to June 4th, 6:30—8:30pm

A social skills intervention for motivated children aged 8 to 12 yrs. Interested in learning ways to find and keep friends.

Loyal True Blue & Orange Home, Richmond Hill

Annual General Meeting

Loyal True Blue & Orange Home, May 22nd, 7 to 9 pm

Guest Speaker: Brendon Pooran

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

Autism Spectrum Disorder Training

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

Upcoming Workshops

Challenging Behaviours: I Didn't Expect That!—**May 14th, Durham**

Intro to Autism—**May 20th, York**

The Explosive Child & Collaborative Problem Solving—**May 20th, York**

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

Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

May 21st, next group

Community Room, 2700 Rutherford Road, Vaughan

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

Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

May 21st, next group

Community Room, 2700 Rutherford Road, Vaughan

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

LIFE Academy!

The LIFE Academy is designed to offer adults with Autism Spectrum Disorders (Aspergers) an educational experience that will provide helpful tools for success in post-secondary education, employment and independent living.

Contact **RoseAnn Punnett, Coordinator @**
roseann.punnett@kerrysplace or call 905 841 6611 ext. 339

York Support Services Network is hosting

Resource Drop-In Days

MARKHAM: May 7th (11am to 7pm)

50 McIntosh Dr., Unit 239, Markham, ON

NEWMARKET: May 15th (9am to 5pm)

17565 Yonge St., Unit 5, Newmarket, ON

VAUGHAN: May 21st (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—For women who are unemployed/underemployed.

- Discover employment options that 'fit' your personality
- Build self-confidence as you identify your interests and skills
- Understand the current labour market trends
- Develop an Action Plan
- Six weekly workshops every Wednesday from 9:30 am to 2 pm

Location: 120 Harry Walker Parkway North, Newmarket

Dates: May 21st to June 25th

Contact Rosemarie @ 905.853.9270 x103 Email: rlawless@wcyr.ca

Financial Empowerment Program

Designed to give women confidence when navigating the financial system and the courage to review their own financial profile.

Session Orientations, May 13th @ YRCCS and May 15th at WCYR.

Contact Fran @ 905.853.9270 x104 Email: fclare@wcyr.ca

Family Services York Region

Spring 2014 Groups

Triple P 0-12 • Chinese Triple P 0-12 • Anger Management for Men • Challenge of Anger for Women • Parenting for Life • South Asian Parenting • South Asian Women's Support Groups • Encouraging Heroes • Transgender Support Group • Free To Be Child/Parent Group

For program info, program dates and registration fees, please visit www.fsyr.ca or Email groupservices@fsyr.ca

Catholic Community Services of York Region

Spring 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

Hospice Georgina

Hike for Hospice

Georgina Pioneer Village Picnic Area

Sunday, June 22nd

Registration Fee \$20. or free with min. \$50. sponsorships

- BBQ
- Family Fun
- Dogs Welcome
- Kids Station
- Individual and Team Hikers
- Prizes
- Swags Bags

For more information, please call Laurie, 905 722 9333 or visit www.hospicegeorgina.com

Events and Other Important Dates!

Newmarket Public Library

Introduction to MS Office

Introduction to Microsoft Office (Word, Excel, and PowerPoint) is a hands-on workshop. Ask questions and learn the basics, including registering for the library's software tutorial service.

Wednesday, May 14th—2pm to 4pm

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.

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

Admission: **FREE**

IdeaMarket Presentation

The Big 5-0: Let's Get Interested in Voting

May 27th, 7 to 9 pm

The Big 5-0 is York Region Media Group's campaign to increase voter turnout to at least 50% in the October 2014 municipal election.

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



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

Bereaved Families of York Region

20th Annual Forget-Me-Not Golf Tournament

June 19th

Cardinal Golf Club's West Course

2740 Davis Drive West, King

Registration includes continental breakfast, contests, golf, cart, luncheon prizes, auction and more.

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 28th

Pheasant Run Golf Course

18033 Warden Ave., Sharon

12:00pm Shot Gun Start

Registration: \$200.00 per person, \$800.00 for a four-some.

Register online @ 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."