



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

Cedar Centre

STAIR GROUP

(Skills Training in Affective & Interpersonal Regulation)

This is a mixed gender educational group for individuals who have experienced childhood sexual abuse and childhood interpersonal trauma. This 11 week program takes place from 6:00 pm to 8:00 pm in the Newmarket area.

For info and to register, contact Catherine Chhina @ 905.853.3040 ext. 301 or e. c.chhina@cedarcentre.ca

Inside this Issue:

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

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

Community Living York South

MOMentum

A Mindfulness Retreat Celebrating Moms

MOMentum is a Mother's Day retreat hosted by Community Living York South featuring special workshops, activities and relaxation for mothers.

A \$20. fee is required to register a spot for the entire weekend.

Location: Bliss Haven Retreat

Dates: Friday, May 13th to Sunday, May 15th

To register, please contact Sadia Shaukat @ sshaukat@communitylivingyorksouth.ca or call 905.294.4971 ext. 640

Community Living York South

Family Network Meetings

Once a Month

7:00 pm to 9:00 pm

Location: 101 Edward Avenue, Richmond Hill or 144 Main Street, Markham

These information sessions are for people who have an intellectual disability and their families. This is also an opportunity to network with other families.

For more information when these information sessions take place contact Sadia Shauk @ 905 884 9110 ext. 640 or email sshaukat@communitylivingyorksouth.ca

York Support Services Network is hosting

Resource Drop-In Days

AURORA: May 5th (11:00 am to 7:00 pm)

240 Edward St., Unit 3, Aurora, ON

MARKHAM: May 17th (9:00 am to 5:00 pm)

50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: May 11th (9:00 am to 4:00 pm)

9401 Jane St., 3rd Floor, Suite 301, Maple, 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

Autism Spectrum Disorder Training

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

Upcoming Workshops

Internet Safety for Children and Young Adults on the Spectrum—**May 9th, York**

Strategies for teaching individuals with ASD online safety skills —**May 15th, Dufferin**

Positive Parenting—**June 13th, York**

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

Women's Centre of York Region

Upcoming Workshops

Yoga for Mental Health

Tuesdays, May 3rd to June 28th, 12:45 pm to 2 pm

This yoga series is recommended for people with anxiety, depression, acute stress syndrome, panic attacks, insomnia and chronic fatigue syndrome.

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



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.

Newmarket Public Library

Introduction to Microsoft Office Word, Excel, PowerPoint

May 4th, 2016 2:00 pm - 4:00 pm

June 1st, 2016 2:00 pm - 4:00 pm

July 6th, 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

Family Services of York Region

Coping with Stress Through Mindfulness

Dates: May 3rd to June 21st

Time: 10:00 am to 11:30 am

This 8 week support group is designed to help women learn about their personal coping strategies. The group will help each member explore more positive coping strategies to cope with stress, anxiety, and anger through utilizing diaphragmatic breathing, relaxation visualizations, and mindfulness training.

For more information, please call 905 895 2371 or 888 223 3999 ext. 226

Events and Other Important Dates!

Hospice King

Wellness Programs

Tranquil Moments Yoga—A gentle approach to yoga, Tuesdays @ 10:00am & Thursdays @ 7:30pm

Mindful Movement Yoga—Offered in Richmond Hill, Mondays @ 2:15pm.

Meditation—Weekly meditation group exploring a variety of techniques, Fridays @ 1:30pm

Serenity Stroll—An opportunity for conversation and support while walking with others, 1st and 3rd Friday of the month @ 10:00am

Journeys—A support program for those diagnosed with metastatic and/or advanced cancer, 2nd and 4th Thursday of the month @ 10:00am

Art Therapy—Explore the power of expression through colour. No art experience is necessary. Scheduled throughout the year

For info or to register, call 905.727.6815



York Support Services Network

240 Edward St., Unit 3
Aurora, ON L4G 7R6

Phone: 905-898-6455 / 1-866-257-9776

Fax: 905-898-1171

Submissions: crollings@yssn.ca

Editor: charley@yssn.ca

www.yssn.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

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."