



# YSSN Bulletin

## Mental Health News

### Krasman Centre

Family Support Program

First Sunday and third Tuesday of every month (November 4th and 19th), 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 @ 905 780 0491 ext. 117 or [kcox@krasmancentre.com](mailto:kcox@krasmancentre.com) for more information.

### ISMP Mindful Day Retreat

Integrative Stress Management

Saturday, November 16th, 9 to 4 pm

Kempfenfelt Conference Centre, Barrie

The emphasis of this retreat is on learning stress management skills to navigate life's inevitable stress waves more effectively. This program will provide practical training to manage work/life stress.

For information, please goto [www.managestress.ca](http://www.managestress.ca)

### CMHA York Region

Support for Depression Meetings

An opportunity for individuals with depression to share experiences in a non-judgmental and supportive environment.

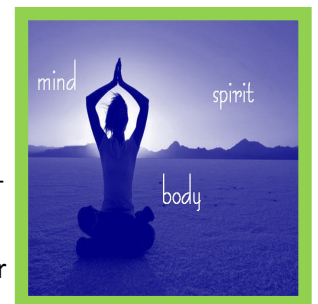
Meetings in Aurora, Bradford, Keswick, Markham, Newmarket and Richmond Hill.

Call 905 853 8477 or 1 866 208 5509 ext. 4227 for info

### Mental Illness Awareness Week (MIAW)

The MIAW event, 'Embracing Wellness' hosted by ASYR, CMHA, LOFT Crosslinks and YSSN was held on Monday, October 7th at Elizabeth Seaton Hall in

Newmarket. This free event featured music by Noreen Sullivan (CMHA), Mindful Movement & Sound therapy by Liz Levine and Tanya Armstrong, Guest speakers from the CMHA Speakers Bureau and door prizes. An excellent time was had by all!



### 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

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

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# Developmental Services News

**Reena**

Presents

## **Holocaust Education: The First Victims New Course for January 2014**

This course will focus on the over 200,000 individuals with disabilities who were among the first victims targeted by the Nazi regime. The course will include a presentation and discussion around the atrocities that took place during this time in history and the affect it has had on the footprint of the world and our communities.

For more info, please goto [www.reena.org](http://www.reena.org)

## **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**

Informing the Village—**November 6th, York**

Teaching Play Skills—**November 12th, Simcoe**

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

## **Kerry's Place Parents Support Group**

**Third Wednesday of every month, 7 to 9 pm**

November 20th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

## **Autism Ontario—York Chapter Updates**

### **Monday Night Drop-in Groups**

November 4th—Sibshop

November 11th—Lego Night

### **Parent Support Groups**

Location: Loyal True Blue and Orange Home

11181 Yonge Street, Richmond Hill, ON

Meeting Room B13

2013 Dates: Sept. 10th, Oct. 15th, Nov. 12th, Dec.

3rd

Time: 7:00pm – 9:00pm

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:** Nov. 26th (11am to 7pm)

50 McIntosh Dr., Unit 239, Markham, ON

**NEWMARKET:** Nov. 13th (9am to 5pm)

17565 Yonge St., Unit 5, Newmarket, ON

**VAUGHAN:** Nov. 19th (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

City of Vaughan Presents...

## Drop-In Dance

### First Friday of Every Month

For Ages 14 and up

Maple Community Centre, 10190 Keele Street, Maple

7 to 9 pm

Listen to your favourite music, dance, make friends and enjoy light refreshments. In a safe, comfortable and fun environment, individuals with disabilities are encouraged to stay active, socialize, meet friends and develop their communication skills.

**Cost:** \$10.81/evening plus HST.

## Fall & Winter Programs

A variety of engaging programs are offered at recreation facilities across Vaughan. From creative & performing arts and health & wellness, to lifestyle & social skills and sports, there's something for everyone.

Active Kidz (Ages 3 to 6 yrs.) • Ballet (Ages 4 to 6 yrs.) • C.H.A.L.K.'s Fitwall for Kids • Oodles & Doodles of Art (Ages 3 to 6 yrs.) • Skating : Mini Blades (Ages 3 to 5 yrs.) • C.H.A.L.K.'s KidsWall (Ages 4 to 6/7 to 11 yrs. Special Needs Participants)

**For information about special needs programs or support, email [specialneeds@vaughan.ca](mailto:specialneeds@vaughan.ca).**

## Family Services York Region

### Upcoming Programs – Fall 2013

Parenting for Life • Triple P 1—12 • Triple P Teen • Farsi Positive Parenting • South Asian Triple P • Anger Management for Men • Encouraging Heroes Challenge of Anger for Women • LGBTTQ Groups Free To Be Me • Farsi Women's Support Group • Surviving Separation • South Asian Women's Support Groups • Expressive Arts Support Group • Child Anger Management & Parent Program • Teen Anger Awareness & Parenting Program • Family Transitions Triple P

**For more information, please go to [www.fsyr.ca](http://www.fsyr.ca)**

## Mosaic Interfaith Out of the Cold

### Out of the Cold York Region—Winter 2013

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](http://www.miotc.ca)**

## Events and Other Important Dates!

*Alzheimer Society of York Region*

### **Richmond Hill Beaded Art Show & Sale**

Thursday, November 21st, 3 to 8 pm

Boynton House, 1300 Elgin Mills Road, Richmond Hill

A beautiful array of handcrafted jewellery and accessories for sale. A portion of the sale will be generously donated to the Alzheimer Society of York Region.

**To learn more and connect with the Alzheimer Society of York Region @ [www.alzheimer-york.com](http://www.alzheimer-york.com) or call 905 895 1337**



### **Newmarket Public Library**

#### **Adult Programs**

Newmarket Public Library's Knitting Circle

Come out and learn the fundamentals of knitting. Work on a project on your own or with fellow knitters. All skill sets are welcome to attend.

Every Thursday

Newmarket Public Library's

Large Study Room

Admission: FREE

7 to 8:30 pm

NPL's Trivia Night

Wednesday, November 20th, 7 to 9 pm

Join the trivia challenge, 10 rounds with five questions per round from a variety of topics from Pop Culture to World Facts. Test your knowledge, meet new people and have lots of fun!

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



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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."*