



YSSN Bulletin

Mental Health News

STOP Program: Support for Ontario Smokers who wish to quit smoking

Presented by Centre for Addiction and Mental Health and The Region of York

The **STOP program** delivers research-based, cost-free smoking cessation workshops in local communities. Eligible Participants will be required to attend an **educational session** and will receive a five-week course of **nicotine patches**.



Workshop(s) will be held on:

Wednesday, November 26th

12 pm to 3 pm in Georgina

6 pm to 9 pm in Newmarket

To learn more, see if you qualify and to register, contact: 905 830 4444 ext. 73052. Phone lines open November 3rd.

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. There is no set format; the group takes the conversation where it needs to go. The group facilitators are trained volunteers who have experienced depression themselves and are at a point in their recovery where they want to help others learn to cope with the illness. Meetings in Aurora, Bradford, Keswick, Markham, Newmarket and Richmond Hill.

Call 905 853 8477 or 1 866 208 5509 ext. 4255 for info

Community Rounds for Frontline Workers in Mental Health and Addictions in York Region LGBTQ 101

November 3rd, 9:00 am to 12:30 pm

Newmarket Health Centre Auditorium

194 Eagle St., Newmarket

Sign In @ 8:45 am

The goal of this training is to increase agency resources and capacity in the provision of anti-oppression services. Agencies will be supported to take a systemic and coordinated approach to eliminate discrimination and oppression on the basis of sexual orientation and gender identity.

To register, please contact: Chris Rollings, 905 305 7440 ext. 4221 or email collings@yssn.ca

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Developmental Services News

Autism Ontario—York Chapter Updates

CONFERENCE ON MENTAL HEALTH & ADULTS WITH ASD

Forging Responses to a Marginalized Population

Wednesday, October 22, 8:45 to 5 pm

Metro Toronto Convention Centre

Ontario's youth and adults with autism spectrum disorder (ASD) are increasingly being diagnosed with, and are likely to suffer from, mental health disorders in their lifetime. As a result, there is a demand for knowledge of their needs amongst clinicians in the province's adult mental health sector. This one-day conference will be of interest to psychiatrists, family doctors and mental health clinicians, and will run adjacent to Geneva Centre for Autism's International Symposium, Autism 2014.

Organized by: Ontario Working Group on Mental Health and Adults with Autism Spectrum Disorder, Dr. Kevin Stoddart and Dr. Douglas Weir, Co-Chairs.

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

York Support Services Network is hosting Resource Drop-In Days

AURORA: October 28th (11am to 7pm)
240 Edward St., Unit 3, Aurora, ON

MARKHAM: October 9th (9am to 5pm)
50 McIntosh Dr., Unit 239, Markham, ON

VAUGHAN: October 14th (9am to 4pm)
9401 Jane St., 3rd Floor, 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

Markham Advisory Committee on Accessibility

Markham's 3rd Annual Accessibility Fair

Saturday, November 1st, 10 am to 4 pm

Thornhill Community Centre

Join ParaSport Ontario Ambassadors and celebrate an active and healthy lifestyle for people with disabilities.

- Wheelchair Ballroom Dance
- Wheelchair curling
- Tai Chi, Goal Ball, Boccia
- Accessibility Exhibitors & Displays
- FREE admission, plus much more...

For more info, contact Jessica Yau @ 905 477 7000 ext. 2658 / jyau@markham.ca

Autism Spectrum Disorder Training

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

Upcoming Workshops

Visual Strategies: Make and Take—**October 16th, Peel**
Social Communication Therapy for Children with ASD—**October 18th, York**

CHAP Support Worker Orientation—**October 18th, Durham**

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

Kerry's Place Parents Support Group

Third Wednesday of every month, 7 to 9 pm

October 15th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

Community Information

Newmarket Public Library

Fall Digitization Days

Preserve your personal documents & family memories

Saturdays, October 11th and November 8th, 9:30 am to 4:15 pm

Bring in old family photos and documents such as birth certificates and driver's licenses, and create digital copies using the library's Zeta digital scanner.

You can also upload items that could become part of the library's local history collection. Call to book an appointment, space is limited.

Newmarket Knitters

Pam Hambrook of Newmarket Public Library leads this knitting circle. All skill sets are welcome to attend.

Thursdays—7 to 8:30 pm

Admission: **FREE**

Seed Library: Workshop & Exchange

Help celebrate the launch of the new seed library created by Newmarket Public Library and York Region Food Network. Jacob Kearey-Moreland of the Orillia and Toronto Seed Libraries will discuss the growing popularity of seed libraries, and how members maintain them by donating and exchanging seed packets.

Tuesday, September 23rd—7 to 9 pm

Admission: **FREE**

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

Catholic Community Services of York Region 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

3rd Annual Box Lunch Auction

November 25th, 12 to 2 pm

152 High St., Sutton

Participants are invited to donate a lunch and attend the auction to place a bid on other lunches. Proceeds are in support of United Way York Region.

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



Events and Other Important Dates!

Alzheimer's Society of York Region

Coffee Break™

Coffee Break™ is a nationwide annual fundraising event that raises money to support the work of Alzheimer Societies across Canada. All funds raised are used to help fund local programs and services for people with Alzheimer's disease, their caregivers and their families.

For info or to host a Coffee Break, please contact Jacqui Locke, Development Coordinator, 905 726 3477 ext. 29 or toll-free 888 414 5550.

Hospice King-Aurora presents...

Jitterbug Ball

Friday, October 24th, 6:30 pm

Hazelton Manor, Vaughan

A benefit in support of Hospice King-Aurora featuring, open bar, silent auction, sit-down dinner, live auction & dancing to the fabulous "Side 3".

Tickets: \$175.00 Dress: Casual Elegant

For tickets, sponsorship opportunities or more info, please call 905 727 6815 or email jbb@hospicekingaurora.ca.



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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."