



YSSN Bulletin

Mental Health News

Tobacco Addiction Recovery Program (TARP)

Presented by YSSN, Markham Stouffville Hospital and LOFT/Crosslinks

For Individuals living with serious mental illness.

With the generous support of the Regional Municipality of York through their Community Investment Strategy for 2014, York Support Services Network, working in partnership with Markham-Stouffville Hospital and LOFT Community Services, has been pleased to offer the Tobacco Addiction Recovery Program (TARP). TARP assists individuals living with serious mental illness to reduce or quit smoking.



Fall TARP Program Information:

Markham, Thursdays starting September 11th, 1:30 pm to 3 pm

Aurora, Tuesdays, starting September 23rd, 1 pm to 2:30 pm

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

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. 4227 for info

Southlake Regional Health Centre

11th Annual Dr. L. Morley Smith

Mental Health Academic Clinical Conference

November 7th, 8:30 am to 4 pm

Southlake Regional Health Centre

581 Davis Drive, Medical Arts Building

Early Registration Fee: \$140.00 (before October 3rd)

\$175.00 (after October 3rd)

Special Group Rate: \$115.00 (four or more registrants)

For more info, please contact: Michele Cook, Educator, Ext. 5020 or Nikki Sturgeon, Admin Asst., Mental Health Ph: 905 895 4521, ext. 6348 or via email: nsturgeon@southlakeregional.org

Inside this issue:

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

Developmental Services News

Autism Ontario—York Chapter Updates

Charity Golf Classic

Cedar Brae Golf & Country Club, Scarborough

Proceeds to support specialized summer programs for campers with autism.

Monday, September 15th

Registration at 11 am

- BBQ Lunch 11:30 – 12:15
- Shotgun start at 12:30
- Refreshments at 6:00
- Dinner and prize presentations at 6:30 pm (Live entertainment during dinner)

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

Vita Community Living

Rally For Vita

Sunday, September 21st

ARRIVE at 8:30 am—Vita Community Living Services

4301 Weston Rd., North York

DEPARTURE at 9:30 am—accompanied by Police Escort

DESTINATION—Richview Manor

10500 Dufferin Street, Maple

For more info or to register, please visit
www.rallyforvita.com



Autism Spectrum Disorder Training

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

Upcoming Workshops

CHAP Support Worker Orientation—September 13th, Durham

Building Social Connections—September 17th, Peel

A Brief Introduction to Social Role Valorization—September 27th, Durham

Adult Sensory Needs—September 29th, York

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

Kerry's Place Parents Support Group

Third Wednesday of every month, 7 pm to 9 pm

September 17th, next group

Community Room, 2700 Rutherford Road, Vaughan

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

York Support Services Network is hosting Resource Drop-In Days

AURORA: September 10th (9 am to 5 pm)
240 Edward St., Unit 3, Aurora, ON

MARKHAM: September 18th (11 am to 7 pm)
50 McIntosh Dr., Unit 239, Markham, 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

Newmarket Public Library

Fall Digitization Days

Preserve your personal documents & family memories. 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.

Saturdays, September 13th, October 11th and November 8th, 9:30 am to 4:15 pm

Newmarket Knitters

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

Thursdays—7 pm 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

Women's Cancer Support

A Georgina Women's Support Group

Group meets every other Thursday of each month, 2 to 3:30 pm

All sessions, **FREE** and led by a trained breast cancer survivor

For more information, please call 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.

Bereaved Families of York Region

7th Annual Memorial Butterfly Release & 2nd Walk to Remember

September 20th, 10am to 12 pm

Fairy Lake Park, Newmarket

This event includes:

- Inspirational songs and readings
- Picnic in the Park
- Release of Painted Lady Butterflies and doves
- Walk to Remember at Fairy Lake Park



Please call 905 898 6265 or 1 800 969 6904 for more info or visit www.bfoyr.com



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

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."