



# YSSN Bulletin

## Mental Health News



*Imagine if everyone used coaching skills in their personal and professional lives...  
How would that change the way we work and interact with each other?*

This Coaching Out of the Box® workshop is designed for leaders, board members, supervisors, front-line staff and volunteers who have an interest in applying the 'Art of Coaching' in their personal and professional lives. Participants will be introduced to our "5/5/5" framework model, which includes: **5 Core Coaching Skills**, a **5-Step Coaching Exchange Process** and **5 Guiding Principles** that support effective coaching conversations.

For organizational leaders and decision-makers, incorporating a Coaching Out of the Box® approach can enhance workplace and interpersonal effectiveness, and provide a sound return on investment.

**Workshop Dates:** January 20th • January 27th • February 3rd • February 10th, 2017

(4 half-day sessions, 8:30 am to noon)

**Location:** York Support Services Network, 240 Edward Street, Unit 3, Aurora

**Workshop Instructors:** Jean West, Certified Executive Coach, PCC

David Graham, Certified Executive Coach, PCC

**Cost:** Introductory Special\* for Non-Profit Organizations - \$425.00

Fees cover cost of materials only.

*To register, please contact Nell Van den Elzen @ York Support Services Network by email: [nvandenelzen@yssn.ca](mailto:nvandenelzen@yssn.ca) or by phone: 905 898 6455 ext. 2389*

### 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.

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

Call 905 841 3977 or 1 866 208 5509 ext. 4255 for info

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# Developmental Services News

## The York Region Children's Respite

**Committee** invites you to complete this short survey about the respite needs of your family. This survey hopes to determine the gaps in respite services across York Region for children with special needs and their families.

The results will provide direction to the committee in the creation of new opportunities to meet respite needs in York Region, through funding and support options. All responses are confidential.

The survey will be open until midnight **September 10, 2016**. Your time and participation is greatly appreciated.

<https://www.surveymonkey.com/r/respitgaps2016>

## Autism Spectrum Disorder Training

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

### Upcoming Workshops

Building Social Connections — **September 13th, Waterloo**

CHAP Support Worker Orientation — **September 24th, Durham**

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

For information or to volunteer, call 905 841 6611 Ext. 371 or e [fundraising@kerrysplace.org](mailto:fundraising@kerrysplace.org)

## Kerry's Place Autism Services

### Consultation and Mindfulness Group

**For people ages 30 and up with a diagnosis of Autism Level 1 (Asperger's, high functioning autism)**

This group is divided into two portions, the first 45 minutes is group consultation discussing topics of interest or concern to the group and support strategies. The second 45 minutes is learning and practicing mindfulness to reduce stress, increase awareness and improve overall wellbeing.

**Location:** 38 Berczy Street, Aurora

**2016 Dates:** September 14th, September 21st, October 4th and October 11th.

**Time:** 1:30 pm to 3:15

**Cost per individual:** \$40.00

**Online registration:** <https://secure.kerrysplace.org/Community/Programs>.

## York Support Services Network is hosting

### Resource Drop-In Days

**AURORA:** September 13th (9:00 am to 5:00 pm)

240 Edward St., Unit 3, Aurora, ON

**MARKHAM:** September 21st (11:00 am to 7:00 pm)

50 McIntosh Dr., Ste. 239, Markham, ON

**VAUGHAN:** September 27th (9:00 am to 4:00 pm)

9401 Jane St., 3rd Floor, Suite 14, 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**

# Community Information

## Newmarket Public Library

### Computers 101 and 102

September 14th, 2016 2:00 pm—4:00 pm

Computer basics, internet security, anti-virus, extensions, uploading and downloading, email basics, transferring images and videos are topics discussed.

**Location:** Newmarket Public Library

**Pre-register at the Lower Level Information Desk or call 905-953-5110 Ext. 4770**

## 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.**

## Women's Centre of York Region

### Upcoming Workshops

#### Self-Empowerment

*September to December 2016*

The development of self-empowerment is a process of self-discovery, learning new behaviours and deciding where and how to use those behaviours. Participants learn about themselves, recognize their choices and the consequences of those choices.

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

## Family Services York Region



### Counselling for Lesbian, Gay, Bisexual, Transgender, Two Spirit and Queer Individuals

FSYR identifies as a safe space and requires all staff to attend LGBTTTQ sensitivity and awareness training. In addition, FSYR has professional counsellors who are members of the LGBTTTQ community. Counsellors are experienced in LGBTTTQ related issues such as:

- Coming out
- Sexual orientation & gender identity issues
- Life transitions
- Relationship issues
- Marriage transitions
- Couple conflict
- Discrimination
- Aging, parenting

**Referral and Support Line 1-888-York-LGBT (1-888-967-5542).**

## Events and Other Important Dates!

*Hospice King*

### Jitterbug Ball

Saturday, October 14th

Hazelton Manor, Vaughan

This event, held every other year, benefits hospice care and bereavement support programs for the community.

**For tickets, sponsorship opportunities or more information, please call 905.727.6815 or email [jbb@hospicekingaurora.ca](mailto:jbb@hospicekingaurora.ca)**

*Beyond Abilities Centre*

### 7th Annual Golf Tournament

Saturday, September 24th

Silver Lakes Golf Club, East Gwillimbury

Proceeds from this event to sponsor individuals to participate in therapeutic and recreational programs and access services to improve their lives.

**Contact Info: 905.478.2888**



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*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."*