

A REASON TO HOPE. THE MEANS TO COPE. GUELPH & AREA
THE SCHIZOPHRENIA SOCIETY OF ONTARIO **CHAPTER**
NEWSLETTER 09/06

The Guelph SSO is a volunteer family support, education and advocacy organization serving Guelph and surrounding areas. The chapter meets 3rd Tuesday each month September through May (except December), Evergreen Seniors Centre 683 Woolwich Street Guelph—7:30 p.m. Everyone is welcome. You don't have to be a member.

ssoguelph@netscape.ca www.schizophrenia.on.ca www.schizophrenia.ca

Chair: Pat Vanderkooy—519-821-4992 pvanderkooy@sympatico.ca Secretary: Cheryl McLean 519-822-2862

Next Meeting: Tuesday, September 19, 2006 at 7:30 p.m. Circle your calendars!

This will be an informal meeting. A time to catch up after the summer as well as a time to share and to support others who may have suffered a loss or crisis. This will also be an opportunity for us to plan for the upcoming year, a time to discuss where and how we would like to focus our time and energy. A “Group Think” !! We hope you will be able to attend. We value your input and suggestions.

Highlights from the May Meeting

Dr. Sue Senior introduced us to the new guidelines from the Canadian Psychiatric Association and the Working Group on Schizophrenia. She supplied us with handouts. The complete document is available at www.cpa-apc.org (under practice guidelines). Dr. Senior stressed to us that medication is only part of the recovery and that lifestyle impacts how well the medicine works. Diet, nutrition, exercise, family, friends and social activities are all very important. She emphasized the importance of not defining someone by their illness.

Walk of Hope 2006

The Walk was a great success. Thanks to the many people who helped in various ways. The displays were interesting and informative. Our guest speakers brought us up to date on how our funds are being used to provide successful and effective programs such as the CARE group and the camping adventure at Dunara, funding for the guidebook Roller Coaster to Recovery for families navigating the mental health system and gift packages to those in need who are being released from the Homewood. The Walk itself was colourful and enjoyable. We received some very good media coverage from the Mercury. Thanks are extended to our photographers for some excellent shots and to the Ham Radio Club for providing guards for safe crossing. Thanks to the many supporters, donors, walkers, characters, helpers and promoters. Indeed we raised some awareness and funds while having a good time.

ANNOUNCEMENTS

GUELPH SSO 7th ANNUAL GOLF TOURNAMENT SEPTEMBER 24, 2006

Victoria West Golf Club, Guelph Register by September 15, 2006

Judith McKenzie judith@uoguelph.ca or Chris Pearson 519-766-0623 mayfield@look.ca

If you are not a golfer, we welcome you to join us for dinner and silent auction.

If you are able to donate an item for the auction please let us know.

This very successful and fun event has become a highlight for many who have attended in the past. We hope you will be able to attend.

DUNARA BBQ Wednesday, September 20, 2006

Rain or shine -- 4pm to 6pm 329 Gordon Street Guelph

RRSVP by September 14 please. 519-836-2332

SSO's AGM takes place on Saturday September 23, 2006

Location: Delta Chelsea Hotel, 33 Gerard St. West, Toronto ON M5G 1Z4 Tel: 416-595-1975

RSVP: Jan Huggins at jhuggins@schizophrenia.on.ca or call 416-449-6830/1-800-449-6367

Our opportunity to give some input – hope some members will be able to attend.

Spark of Brilliance Events www.guelpharts.ca/sparkofbrilliance (519) 766-4450 X 237

GIVE VOICE! - a new community based initiative to provide opportunity for persons with mental health issues and other life challenges, and their supportive allies, to gain skills in public speaking and employment seeking, in a sharing and supportive environment. Launch **Monday September 18 at the Bookshelf.**

- *Professionals in Public Speaking, Mental Health and Employment will provide valuable information to the Give Voice! Public Speaking Club;*
- *Club-goers will practice new public speaking skills, learn tips about employment, share stories of hope, and have fun doing it!!!*
- *Club-goers will have the opportunity to become part of the Give Voice Speakers Bureau to raise awareness of mental health in the workplace and create an open dialogue within the business and corporate sectors.*

The Guelph Enabling Garden - Garden Party at Riverside Park in the Enabling Garden

Thursday September 21 beginning at 4:30 pm.

There will be music, poetry, food and fun!!!

Tuesday September 26 - Vessels Studio - 80 Norfolk Street - across from Norfolk Pharmacy and next door to Nighthawk Tattoo (down from Church of Our Lady) - "A Community Coming Together" mosaic art sculpture - meeting to discuss and plan next steps including construction.

Come out to hear Mary Lawson and Wayne Johnston A FUNDRAISER FOR SPARK OF BRILLIANCE !!!!

Monday October 23 at 7pm at Norfolk United Church.-- tickets early. \$5. at the Bookshelf.

--*Barb Minett has written about Mary Lawson's new novel "The Other Side of The Bridge"... "A page turner with a soul". Barb predicts that this novel will be nominated for both the Giller Prize & The Governor General's Award.*

CREATIVE BRILLIANCE ORANGEVILLE

SATURDAY SEPTEMBER 30 we will once again be at the Orangeville Farmers Market with some examples of our creative works, art supplies for you to play with, face painting and meet the members!!! Please come out to meet us and share your talents and skills that you might with us.

SUNDAY OCTOBER 15 we will be hiking to Mono Hills. We will meet at 5 Faulkner Street which is the building for The Wellington Dufferin Self Help. We will provide a brown paper bag snack of goodies for you to take with you. Rain or shine we will set out and please wear clothing according to the weather and comfortable shoes. Marg Moorhouse will lead the hike ... and it should be lots of fun. This is a photo-op and some bird watching can be done too!!!!

CARE Recovery Group

Guelph Community Health Centre

176 Woolwich St. N. Thursdays at 7pm/Woolwich Room

Action Based Counseling Tim Tentcher 993-4609

FREE funded by the Guelph Chapter SSO

Dunara-Support Group 519-836-2332

329 Gordon St, Guelph Wednesdays at 1:30 p.m.

Music Group Fridays at 1:30 p.m.

Dr. Litt's Support Group 519-821-2060

CMHC 147 Delhi Street, Guelph Tuesdays at 1:30 p.m.

In conjunction with this group – **Social Connections** offers several social activities.

OCTOBER 1 – 7 MENTAL ILLNESS AWARENESS WEEK-often an opportunity to write an article for the media, if you are so inclined!!