



## Spring Newsletter April 2010 MHSP - THE LINK

Open Tuesday – Friday 10:00 a.m. to 4:00 p.m.

Spring brings quite a few changes and here at the Link we are right in step. With a renewed focus on working on our recovery and wellness, we have set aside two days a week to work specifically on these issues. Tuesday and Thursday mornings start with one on one peer support appointments for members to work on their individual goals for wellness. In the afternoons, themed groups run all month long. Check the calendar for information on each event.

Wednesdays and Fridays are drop in, check in and fun activity days. Brunch is served Wednesdays at 11:00 a.m. and Lunch is served Fridays at 12:00 noon. Other activities are on the calendar.

Matt has lots of good things lined up and we'll be celebrating with a feast on our new BBQ at an On Stage soon. Come out, have fun, get informed and enjoy yourselves.

We'd like to take this opportunity to offer our sincere thanks to all the volunteers and members who have contributed to activities at the Link. You make all the difference!

If you need support after hours you can call:  
The Distress Line: 5-12:00 P.M. at 1-800-465-4442 or  
locally at 613-267-5909, or  
LCMH from 8:30 A.M. to 8:30 P.M. at 613-283-2170

Mental Health Support Project- The Link 88 Cornelia St. W. Unit 4A,  
Smiths Falls, ON K7A 5K9  
613-284-4608; 1-877-383-2070  
Fax: 613-284-4666

**[mhsp-links.ca](http://mhsp-links.ca)**

*"Supporting one another in recovery and healing."*

## Schedules for Wednesdays & Fridays

### Drop in & Check in

Wednesday & Friday 10:00-11:00 a.m.

Wednesday and Friday mornings are a time for small group check in and coffee. In a casual setting people share their ups and downs, coping methods and just have fun together. Join in any time, no appointments needed.

### Brunch at the Link

Wednesday mornings 11:00 a.m.

On Wednesday at 11:00 a.m. a light brunch is served. The food is a breakfast menu, eggs, toast, fruit, yogurt. Cost is \$2:00 per person.

### Wednesday afternoons

1:30-3:30

Wednesday afternoons are a time for fun. Many of Matt's activities at the Link are held Wednesday afternoons. Games, bowling, BINGO, movies and more. Check at the Link for a list of events.

### Lunch at the Link

Friday 12:00 – 1:00 P.M.

Each Friday at noon we will have a healthy lunch. Cost is \$3.00 per person, lunch cards can be purchased at the beginning of each month at a discount.

### Creative Expressions

Friday 1:30-3:30 P.M.

Join us for a wide variety of artistic, craft and creative writing activities. Some days we will be going out for photography, bring your own camera, or use one of the Link's. Art and craft supplies are provided. Check the schedule for activities.

## Schedules for Tuesdays & Thursdays

### One on One Peer Support

Tuesday & Thursday at 10:00 or 11:00

If you would like time with a peer support specialist to look at developing your goals around recovery and wellness you can make an appointment for one or several sessions. This is time for you to define your own unique recovery goals and get support to follow them. Each session is 45 minutes long and they can run for up to 8 weeks, as necessary.

### Tuesday & Thursday Groups

Tuesday or Thursday 1:30-3:30

Tuesdays - Over the next two months (April & May) we will be looking at guidelines around behaviour, attitudes and conflicts at the Link. It takes patience, skills and awareness to learn to embrace the differences among our members. Our goal is to increase this level of acceptance. There are challenges for all of us throughout our lives. Developing the skills to deal with these challenges is a lifelong activity.

Please join us for a series of sessions on these topics. Tuesday afternoons, 1:30-3:30.

Thursday afternoons (1:30-3:30) in April we will be looking at Happiness – how to get it and keep it! This will be four afternoons with a very specific goal. Sign up at The Link, there's room for 10 participants.

**Other member- run groups are also happening in the building at these times– the Women's Group, an addictions recovery group, Bariatric support group, check the schedule at the Link, or on our website.**

## Chair Aerobics & Yoga

Tuesday, Thursday & Friday  
3:30-4:00 P.M.

Exercise to a healthy workout routine while sitting on a chair - this reduces the wear and tear on sore knees and backs. Besides, it's fun! We also have a gentle yoga and relaxation program. Join us at 3:30 P.M. to fight stress & get healthy!

## Evening Groups

### Family Support Group

On the first Thursday of each month from 7:00 p.m. - 9:00 p.m. This is a peer run group for families who have a family member who is suffering from mental illness. Find support, information, great ideas and many shoulders to cry on when needed. Call the Link 613-284-4608 for more information.

Check out the family website at [www.fimi.org](http://www.fimi.org)

### Bariatric Support

On the first Thursday of each month from 6:30 to 8:30 p.m. Get up to date information from those who have had the surgery or who are about to have it. Call the Link for more information. Healthy snacks are served, handouts available, etc.

Check our web page:  
[www.mhsp-links.ca](http://www.mhsp-links.ca)

## Training - Link Closed - April 28

The Link will be closed on Wednesday April 28<sup>th</sup> for a training session. CPR and First Aid will be taught all day at the Link. The group is full at this time.



## The MSB Meetings

*(Usually held on)*

**The first Friday of the  
month**

**10:30 A.M. - 12:00 NOON**

The Members' Sounding Board meeting is your chance to give input into planning and activities at the Link. Join us afterwards for lunch at the Link.

## WRAP

Another 10 week course in the Wellness Recovery Action Plan is planned to start in May in Carleton Place. Call to book a place. Course size is limited.

## A New View

Looking at a behaviour that you'd like to change? Try examining it with a new view: ask yourself – what do I need to do to get support in this, what do I need to do to be accountable for this change and how do I look after myself while I go about this change? It helps to get things lined up to be able to deal with changes, try it you might like it!!

Wednesday May 5

## The Truth About Teenage Suicide

A young man's story of the loss of his sister, followed by a panel discussion and a question period.

**Perth & District Collegiate Institute, Auditorium,  
13 Victoria St., Perth**

**7:00-9:00 p.m.**

Presented by LCMH

**MHSP –The Link will be providing some transportation to this event, please call ahead. 613-284-4608**

Many thanks to all who contributed to this edition. Another newsletter will go out in July, drop off submissions, e-mail them or give us a call.

### 😊 Joke of the month 😊

An elderly woman went to her doctor to ask for a prescription for birth control pills. "But why would you want birth control pills at your age?" asked the Doctor perplexed. "To help me sleep better" said the grandmother. "How on earth do birth control pills help you sleep better?" The Doctor asked, more confused than ever. "Every morning I put one in my granddaughter's orange juice, and I sleep better" she replied!



## ≡ Spring Clean Up! ≡

The "Pitch In" campaign is in full swing. Join in with other residents of Smiths Falls and help to clean up the mess left from winter. In partnership with REAL the Link has agreed to clean up Maizie Street, behind our location. "Wanna help?" Give us a call. We have the clean up bags, buckets & gloves, all we need is you!

## OPDI Peer Support Specialist Training

Starting in June, at the Link, a ten week all day training course to train peers to be specialized peer supporters.

Application forms and candidate qualities and criteria, are available at the Link. Applications will be sent to the Ontario Peer Development Initiative (OPDI) and they will decide which applicants qualify.

Training involves 8 weeks (50 hours) of classes and 50 hours of internship. An exam will be held before graduation.

Call Halina at the Link at 613-284-4608 for more information.

*"Support is the glue that holds our wellness together."*