



## Peer Support Recovery Dialogues

Open to all HMC Members

### HALIFAX LOCATION

Recovery often begins with becoming aware, and realizing, that you can start to take more control of your life and build on that awareness and grow in self-confidence. Recovery Dialogues are designed to help you achieve that awareness and increase self-confidence. They are designed to cut across that belief that “there is nothing I can do that is going to make my life better”.

Please join us at Healthy Minds Cooperative on the following dates as we talk about our journey of Recovery and register by calling 404-3504.

- Session 1    *Becoming the Person You Want to Be***  
Thursday February 2nd 10 am to 12 noon
- Session 2    *Anxiety - Natural Experience or Symptom of My Diagnosis***  
Thursday February 16th 10 am to 12 noon

### EAST DARTMOUTH COMMUNITY CTR. LOCATION

(50 Caledonia Road)

- Session 1    *Being Disabled by Despair***  
Monday February 6th 10 am to 12 noon
- Session 2    *Signs of Recovery***  
Monday February 13th 10 am to 12 noon
- Session 3    *I Want My Life Back***  
Monday February 27th 10 am to 12 noon

Please register by calling 404-2450.

February 2012

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## CDHA Information Sharing Guidelines Presentation

Monday, February 20th

1:00 to 2:30 pm

Please join us at the Cooperative to learn about the new Capital District Mental Health Program's Information Sharing Guidelines. Find out how Persons living with mental illness and their circle of support can receive timely, complete and accurate information to empower effective participation in care and decision making.



International Year of

**COOPERATIVES 2012**

The United Nations General Assembly has declared 2012 as the International Year of Cooperatives, highlighting the contribution of cooperatives to socio-economic development, particularly their impact on poverty reduction, employment generation and social integration.

With the theme of “**Cooperative Enterprises Build a Better World**”, the Year seeks to encourage the growth and establishment of cooperatives all over the world.

Visit <http://social.un.org/coopsyear/get-involved.html> to view the full article.





## Message from the Executive Director

Karen Gilmore



During my short time here at Healthy Minds I have had the privilege of taking part in a variety of committees, meetings and workshops within the Capital District Mental Health Program. At each meeting I see a dedicated Mental Health team. A team that is striving to improve services and change the way they work to improve the lives for people living with mental illness and their families. For you as a Healthy Minds member seeking services from the Mental Health Program these efforts may not be obvious on the front lines and there are some cases where services are being reduced but this does not mean that change is not possible and that there are not steps being taken every day at every level to improve services. One critical part of the changes that are underway is that they are being driven by a collaborative effort that includes input from people living with mental illness and their family members as to how services are delivered. Your voice is being heard and it is impacting every aspect of the quality of the Mental Health program.

*"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish."*

~ John Quincy Adams ~



### Navigation

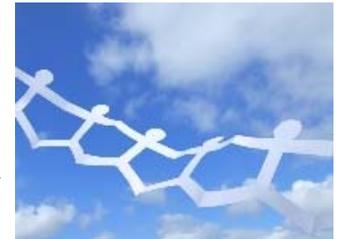
Going through the mental health system can be like trying to find your way through a maze. Navigation is a service that Healthy Minds Co-op provides that helps guide people living with a mental illness, and their families, to connect with support services in the community. The Navigator can

answer your questions and concerns about:

- ⇒ Services in the community
- ⇒ Support groups
- ⇒ Programs and workshops
- ⇒ Referral Services
- ⇒ Advocacy
- ⇒ Web-based resources

For more information about Navigation and to speak with HMC Navigator, Laurel Walker, please call 404-3504 or email [hmnavigator@eastlink.ca](mailto:hmnavigator@eastlink.ca)

### From Recovery to Discovery



Recovery to Discovery is a Peer Support Group Meeting that is organized through a partnership between the Schizophrenia Society of NS and Healthy Minds Co-op and is open to

anyone affected by any type of mental illness (including family members and friends). This group believes that we all have the opportunity to manifest our strengths, to recover a sense of empowerment and to live with meaning and purpose. The format of the weekly meetings involves an interactive presentation on topics of interest to the group in the first hour and a group discussion during the second hour.

From Recovery to Discovery meets every Thursday from 6:30 to 8:30 pm at The Hub, located at 1673 Barrington Street, Second Floor. For more information on this group or to check out what the week's topic is, call 465-2601 or email [ssns@ns.sympatico.ca](mailto:ssns@ns.sympatico.ca)

Check out the back page of the Blue Horse Chronicles Newsletter for a more detailed schedule!



## Way to Wellness

*Addressing body, mind and spirit...promoting wellness,  
wholeness and a sense of well-being.*

The process of personal growth isn't always easy. We must face our own ugliness. We often must become painfully aware of the unworkability of a pattern before we're willing to give it up. It often seems, in fact, that our lives get worse rather than better when we begin to work deeply on our selves.

**- Submitted by Irene Skehen, Wellness & Recovery Educator**



## Creative Writing Group

*By Anna Quon*

**(The Creative Writing Group will meet on Tuesday Feb. 14th and 28th from 2—4 pm at Healthy Minds Cooperative.)**

Some writers say it's important to write everyday, if you want to be a writer, but that is not universally accepted... a recent article called "Want to Write that Book? Read On" by Globe and Mail columnist Russell Smith says it doesn't matter how regularly or how often you write, it only matters what comes out of your pen.

The contrary view on how to achieve excellence creative was expressed recently on the CBC radio show Ideas. It featured a program about genius, and how it is possible to cultivate it, by working hard at honing one's skills for ten years or 50,000 hours or more.

In between a lackadaisically relaxed approach to writing and a decade long- regimen, it seems likely that writing on a regular basis, whether it be once a day, once a week or once a month, is healthy for our writing practice. It helps us get in a rhythm of writing, ensures we spend time doing something meaningful and valuable to us, and makes us practice the skills we say we want to use and improve. Besides that, there can be pleasure and comfort and a sense of well-being that comes when we develop a habit like writing, and that is at least as important I think as the possibility of writing something great.

So choose your day or time, sit down with a cup of tea and a pen, and let your words flow! You won't regret developing a healthy habit.

# Random Acts of Kindness

Do you want to be a part of this new program and have fun while doing some random acts of kindness? Come and join us! For more information, call 404-3504.



## Healthy Minds Speakers Bureau

*Our Hope is Your Hope*

If you are interested in educating others about mental health and illness issues through sharing your experiences - join us! Our group will help you to build your self-confidence, learn in a positive and supportive setting and learn effective ways to organize and deliver presentations.

**Please call Laurel at 404-3504 for more information about when this program meets and to register for this group.**

### Chebucto Community Health Team

The Chebucto Community Health Team offers free programs that support healthy lifestyles and overall wellness for those who live, work, or have a family doctor in the communities of Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield and the Sambro Loop.

For more info on programs being offered, please call us at 487-0690. You can also visit us on the web at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

### Dartmouth Community Health Team

The Dartmouth Community Health Team will be offering free programs to support healthy lifestyles and overall wellness for those who live, work, or have a family doctor in the Dartmouth area.

For more info on programs being offered, please call us at 460-4555. You can also visit us on the web at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)





## Healthy Minds Cooperative Keep the Dates - February 2012

- ◆ Feb 1 - Phoenix Rising, HMC, 10 - 12 noon
- ◆ Feb 2 - Peer Support Recovery Dialogues Workshop - Becoming the Person You Want to Be - Halifax, 10 - 12 noon
- ◆ Feb 2 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Feb 6 - Peer Support Recovery Dialogues Workshop, Dartmouth, 10 - 12 noon
- ◆ Feb 8 - Phoenix Rising, HMC, 10 - 12 noon
- ◆ Feb 9 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Feb 13 - Peer Support Recovery Dialogues, Dartmouth, 10 - 12 noon
- ◆ Feb 14 - Creative Writing Group, HMC, 2 - 4
- ◆ Feb 16 - Peer Support Recovery Dialogues Workshop - Anxiety - Natural? Or Symptom? - Halifax, 10 - 12 noon
- ◆ Feb 16 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Feb 20 - CDHA Info Sharing Guidelines Presentation, HMC, 1 - 2:30 pm
- ◆ Feb 23 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Feb 27 - Peer Support Recovery Dialogues Workshop - Dartmouth, 10 - 12 noon
- ◆ Feb 28 - Creative Writing Group, HMC, 2 - 4

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**Do you have something you would like to share in an upcoming issue of The Blue Horse Chronicles? Get in touch with us by email at [hmnavigator@eastlink.ca](mailto:hmnavigator@eastlink.ca)**

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The Village at Bayers Road  
7071 Bayers Road, Suite 112  
Halifax, Nova Scotia  
B3L 2C2

Mail To:

