

## Happy New Year

Welcome to 2012! Healthy Minds Cooperative is excited to let you know about everything that will be happening here this month! We are especially excited to let you know that HMC will be offering Workshops in Dartmouth, at the East Dartmouth Community Centre. Take a look through this first issue of the Blue Horse Chronicles for 2012 - we wish you all the best for this New Year!

January 2012

Volume 8, Issue 1

## Peer Support Recovery Dialogues Workshops

Open to ALL HMC Members  
(Held in Halifax)



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. Registration deadline is January 10, 2012.

**Session 1 Surrounded by Possibilities**

January 12th 10 am to 12 noon

**Session 2 Definition of Recovery and Hope**

January 26th 10 am to 12 noon

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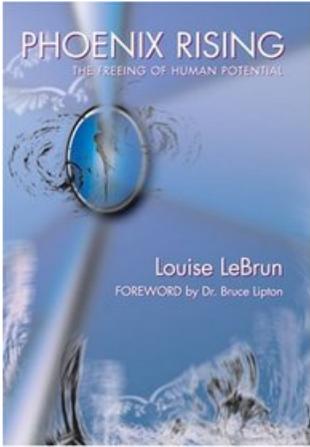
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## Healthy Minds Speakers Bureau

*Our Hope is Your Hope*

The HMC Speakers Bureau will meet in January on **Tuesday the 17th and Tuesday the 31st from 1:30 to 3:00 pm** at Bayers Road. This group is ongoing and open to all members. To register, please call Laurel at 404-3504.



## Phoenix Rising Workshop The Freeing of Human Potential

Change doesn't have to be hard, or a struggle, or take a long time. Phoenix Rising offers a powerful new context for rapid, profound and generative change. Based on the cutting edge science of quantum biology and the latest thinking on how human beings function, Phoenix Rising offers an alternative to the 'therapy' model and shows you how to call up and engage the power of what you already have and how to use it to work for you instead of against you. If you're looking for something more or different – this is it!

This workshop will immerse you in a small group gathering and will engage you in an interactive process, one morning a week, over a six-week period.

**Dates: Wednesday, January 25th  
Wednesday, February 1st, 8th and 15th  
10 am to 12 noon, Bayers Road**

**Required reading: Phoenix Rising Cost: \$10**

(Registration deadline is January 13th, please call 404-3504 to register.)

Phoenix Rising, The Freeing of Human Potential, will be offered completely within a **WEL-Systems** context, utilizing both the **CODE Model and Quantum TLC**. (For more information on both the CODE Model and Quantum TLC, please visit [www.wel-systems.com](http://www.wel-systems.com))



## Peer Support Recovery Dialogues East Dartmouth Community Centre 50 Caledonia Road

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”.

To register, please call Irene Skehen at 404-3715.

### Session 1 Being Disabled by Despair

Feb 6th 10 am to 12 noon

### Session 2 Signs of Recovery

Feb 13th 10 am to 12 noon

### Session 3 I Want My Life Back

Feb 27th 10 am to 12 noon

### Session 4 Good Days - Bad Days

March 5 10 am to 12 noon

### Session 5 Hope as the Beginning of Recovery

March 12 10 am to 12 noon





## Message from the Executive Director

Karen Gilmore



It is that time of year when many people look forward to a fresh new start and resolve to make some changes to improve their lives for the better. In the New Year Cooperative Board and staff will be adding to the Strategic plan that was outlined in 2011. We will be thinking deeply about the potential impact of the work we do and develop specific plans to address issues vital to those living with mental illness. One change we have resolved to make is to our web site. Stay tuned for our soon to be released new Website. The website will provide regular updates on programs and events of the Cooperative while increasing the information available to members and interested public. As we enter 2012 I invite you as members to continue to be active participants in the Coop, together we can continue to have a say in mental health service design and delivery and we can work to eliminate stigma surrounding mental illness.

*"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."*

~Maria Robinson~

### 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:

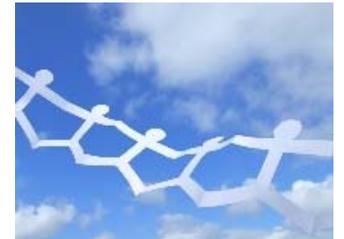


- ⇒ Services in the community
- ⇒ Support groups
- ⇒ Programs and workshops
- ⇒ Referral Services
- ⇒ Advocacy
- ⇒ Web-based resources

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!

### Strengthening Families Together

Do you have a relative or friend living with a serious mental illness? Would you like to learn more about his/her illness? Strengthening Families Together is a 10 week family education and support session that provides information, skill building and support. You will learn about psychosis, depression and bipolar disorder, early intervention and recovery, treatments and supports, coping with the challenges of daily life and navigation the mental health system. Sessions start January 24th. To register, please call 462-8658 or email [hrmchapterssns@accesswave.ca](mailto:hrmchapterssns@accesswave.ca)



## Way to Wellness

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

To reduce stress, create time during the day to have a period of silence. Silence will slow down your organs, calm your brain and increase your awareness.

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



## Creative Writing Group

The HMC Creative Writing Group will meet in January on the 10th and 24th, from 2 to 4 pm at Bayers Road. Everyone is welcome. For more information, please call 404-3504.



## Self Awareness Workshops

### East Dartmouth Community Centre

#### 50 Caledonia Road

You are invited to join us for a personal discovery experience. Using guided imagery you will be gently guided on an inward journey where you will discover new insights, knowledge and perspectives that will invite you to expand the way you live.

What is Guided Imagery? Guided Imagery is a gentle technique that focuses and directs the imagination. It involves the whole body, the emotions and all the senses. It reduces stress and enhances physical, mental, emotional and spiritual well-being.

Come join us, in a relaxing atmosphere as you learn more of who you really are.

**Monday, January 16th**

**Getting to Know 'You'**

10 am - 12 noon

**Monday, January 23rd**

**Getting in Touch with Your Personal Power**

10 am - 12 noon

You may choose to attend one, or both - they are individual workshops. To register, please call Irene Skehen at 404-3715

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## Random Acts of Kindness

This group will be meeting in January on the 18th from 2 to 4 pm at Healthy Minds Cooperative and is open to everyone. Come and join us! For more information, call 404-3504. The RAK group will also be meeting on February 1st and 15th.

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## Drumming for Mental Health

### *An Interactive Program*

This interactive program is for people ages 16+ who are living with mental health issues. Drumming has been proven to reduce stress, aid in relaxation and best of all, tap into the creative spirit of all who participate. Participants of this program will learn to play African hand drums and percussion instruments together as a group in a safe and fun environment. Stay tuned for more information about this program!

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### **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 - January 2012

- ◆ Jan 5 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Jan 10 - Creative Writing Group, HMC, 2 - 4
- ◆ Jan 12 - Peer Support Recovery Dialogues Workshop - Surrounded by Possibilities - Halifax, 10 - 12 noon
- ◆ Jan 12 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Jan 16 - Self Awareness Workshop - Getting to Know 'You', Dartmouth, 10 - 12 noon
- ◆ Jan 17 - Speakers Bureau, HMC, 1:30 - 3:00
- ◆ Jan 18 - Random Acts of Kindness, HMC, 2 - 4
- ◆ Jan 19 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Jan 23 - Self Awareness Workshop - Getting in Touch with Your Personal Power, Dartmouth, 10 - 12 noon
- ◆ Jan 24 - Creative Writing Group, HMC, 2 - 4
- ◆ Jan 25 - Phoenix Rising Workshop, HMC, 10 - 12 noon
- ◆ Jan 26 - Peer Support Recovery Dialogues Workshop - Definition of Recovery and Hope - Halifax, 10 - 12 noon
- ◆ Jan 26 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ Jan 31 - Speakers Bureau, HMC, 1:30 - 3:00
- ◆ Feb 1 - Phoenix Rising Workshop, HMC, 10 - 12 noon

**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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