



Please join us to celebrate the year's accomplishments.

## 2012 Annual General Meeting

Wednesday, June 27, 2012

5:00 pm—7:00 pm

The Westin Nova Scotian

Refreshments served from 5:00–5:30 Meeting starts at 5:30

RSVP by Friday, June 22, 2012 404-3504 or email [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca)

June 2012

Volume 8, Issue 6

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## Summer Programs

If you are looking to fill your summer schedule with helpful workshops and programs, check out the Community Health Teams websites, below, or give them a call to see what they are offering during July and August.

### 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)



## Peer Support Recovery Dialogues

**EAST DARTMOUTH COMMUNITY CTR. LOCATION**  
**(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”.

Please join us at **East Dartmouth Community Centre location (50 Caledonia Road)** on the following dates as we talk about our journey of Recovery and register by calling 404-3504.

### **Signs of Recovery**

Monday June 4 10 am to 12 noon

### **I Want My Life Back**

Monday June 11 10 am to 12 noon

### **Good Days - Bad Days**

Monday June 18 10 am to 12 noon

### **Hope as the Beginning of Recovery**

Monday June 25 10 am to 12 noon



## Community Activities

**...stuff you might want to check out!**

HRM Chapter of the SSNS

Family Education & Support Group

Monday, June 11th

7 to 9 pm

QEII Halifax Infirmary, Room 1243, 1796 Summer Street, Halifax

“Our Recovery Journey” by Youth Speak, Laing House

For more information, please call 462-8658



## Message from the Executive Director

*Karen Gilmore*



It was a pleasure to attend, for the first time, the Mental Health Foundation's Inspiring Lives Awards. This prestigious award is presented each year to recognize the achievements of four Nova Scotians who have inspired others as they face their own challenges living with mental illness or addiction. I have heard the award ceremony described by one person as the inspiration that recharges his batteries every year. Hearing about the strength and courage of others living with mental illness who gives of themselves to help others living with mental illness on their recovery journey is beyond inspirational. We are thrilled to announce that Michael Smith, our peer support worker at the Nova Scotia Hospital, is a 2012 Inspiring Lives Award recipient. Congratulations to Michael on this fantastic accomplishment. The award is well deserved and represents only the beginning of the good work he will do for others. The Coop is honoured to have 2010 award recipient Vince Daigle working with us as well. Vince is a senior peer support worker at the Nova Scotia hospital. Sounds like peer support is in very good hands. Although we may not be able to recognize everyone with an award, I am inspired daily by our members here at the Coop. I have witnessed over and over, members who inspire others as they face their own challenges with mental illness - instead of giving up, you give hope.

*"The purpose of life is a life with purpose."*

~ Robert Byrne

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**Congratulations!**  
**Michael Smith**  
**2012 Inspiring Lives Award Recipient**



## Hope Within

by Gerard Blum

hope can be such a really big word  
and an even bigger feeling inside  
it can drive you to do many things  
more than you have ever tried

sometimes it's easier to just given in  
rather than put up a good fight  
but taking a more simpler way  
doesn't mean that it's always right

so if you reach deep inside yourself  
you'll find a way that you can cope  
most anything you want is possible  
just be sure you hold on to hope.

### Nova Scotia Helpline

If you are experiencing something difficult in your life and don't know what to do about it, there are people that can help you. The Helpline is open between 8 am to 8 pm, seven days a week and you can reach them by calling 421-1188. If you live outside of HRM, you can call their toll-free number from anywhere in Nova Scotia by calling 1-877-521-1188.

### Member Café

Remember - as a Healthy Minds Cooperative member, you have access to the computers located in our Member Café! It is open for your use from 10 am to 3 pm, Monday to Friday. Come in to check your email or practice your skills. Need some help with the computers? Give us a shout at 404-3504 and book a time to come in.



## Healthy Minds Cooperative Speakers Bureau



The Speakers Bureau will be meeting in June on Tuesday the 5th and Tuesday the 19th from 2 to 3:30 pm at Healthy Minds Cooperative.

The Speakers Bureau will not be meeting in July or August, but it will begin again in September. For more information, please call HMC at 404-3504.





## Way to Wellness

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

Recognize any small improvements in your health and wellness. Celebrate any progress you achieve to motivate yourself for further success.

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



## HMC Creative Writing Group

*by Anna Quon*

If you are a regular participant in the Creative Writing Group, or a newbie, please feel free to join us for our June groups! We will be meeting on Tuesday June 12th and Tuesday June 26th from 2 to 4 pm at Healthy Minds Cooperative.

The Creative Writing Group will not be meeting in July or August, but it will begin again in September. For more information, please call HMC at 404-3504.



## Navigation

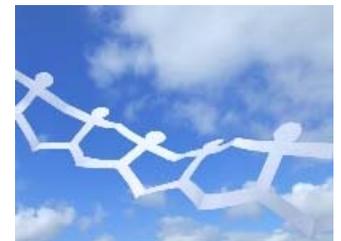
Going through the mental health system can be like trying to find your way through a maze. Navigation is a service that Healthy Minds Co-op provides that helps guide people living with a mental illness, and their families, to connect with support services in the community.

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!



## Healthy Minds Cooperative Keep the Dates - June 2012

- ◆ June 4 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon DARTMOUTH (50 Caledonia Rd.)
- ◆ June 5 - Speakers Bureau, 2 to 3:30 pm at HMC
- ◆ June 7 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ June 11 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon DARTMOUTH (50 Caledonia Rd.)
- ◆ June 12 - HMC Creative Writing Group, 2:00 to 4:00 pm
- ◆ June 14 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ June 18 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon DARTMOUTH (50 Caledonia Rd.)
- ◆ June 19 - Speakers Bureau, 2 to 3:30 pm at HMC
- ◆ June 21 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ June 25 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon DARTMOUTH (50 Caledonia Rd.)
- ◆ June 26 - HMC Creative Writing Group, 2:00 to 4:00 pm
- ◆ June 27 - 2012 Annual General Meeting, The Westin Nova Scotia, 5 to 7 pm
- ◆ June 28 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm



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Mail To:

