



Peer Support Recovery Dialogues Workshops

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.

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| Session 1 | Entitlements |
| | Thursday March 15 10 am to 12 noon |
| Session 2 | I am More Than My Diagnosis |
| | Thursday March 29 10 am to 12 noon |

EAST DARTMOUTH COMMUNITY CTR. LOCATION (50 Caledonia Road)

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| Session 1 | Good Days - Bad Days |
| | Monday March 5 10 am to 12 noon |
| Session 2 | Hope as the Beginning of Recovery |
| | Monday March 12 10 am to 12 noon |

March 2012

Volume 8, Issue 3

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Message from the Executive Director

Karen Gilmore



Public education regarding mental illness and the elimination of stigma is a priority at Healthy Minds Cooperative. People living with mental illness are often offensively portrayed in movies and television. February 8, 2012, was an encouraging change to this. Bell media's coast-to-coast campaign to stimulate a national conversation around mental illness got people talking. How do we keep this conversation going? It is the voices of our stand-up comics sharing their lived experience through laughter. It is the personal stories of lived experience shared with a group at the library. It is through education sessions with service providers, police. It is the poetry and written word of our writers group. It is the conversations with your friends, families and coworkers. Thank you to all of our members who courageously share their personal stories. It is these voices that will keep the conversation going.

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

- Winston Churchill

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:

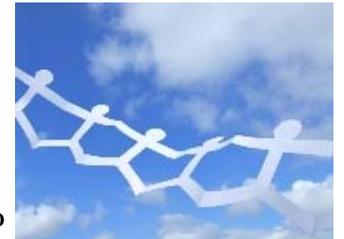


- ⇒ Services in the community
- ⇒ Support groups
- ⇒ Programs and workshops
- ⇒ Referral Services
- ⇒ Advocacy
- ⇒ Web-based resources

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

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

Mental Health Mobile Crisis Team

The Mental Health Mobile Crisis Team (MHMCT) provides intervention and short term crisis management for children, youth and adults experiencing a mental health crisis. The MHMCT offer telephone intervention throughout the Capital District and mobile response in areas served by Halifax Regional Police including Halifax, Dartmouth and Bedford. Our support is confidential, non-judgmental and respectful. You can reach the MHMCT by calling 429-8167 or 1-888-429-8167 (toll free).





The Vision Board

What do you envision for Your Future

Dates: Wednesday, March 07, 19, 28

Wednesday, April 04

Time: 10 am to 12 noon

Vision boards are one of the most powerful ways to visualize how you want life to be for you. You can now create a vision board that, like the lens of a movie camera, *focuses close-up on you as the star – not the extra – in your own extraordinary life story.*

Everything that's coming into your life you are attracting it. And it's attracted by virtue of the images you're holding in your mind. Whatever is going on in your mind you are attracting to you. Your vision board reinforces your positive images and enables you to attract the best possible in life.

Vision is the key connector between one's daily goals and one's lifetime purpose.

You are invited to join us for a 5-session envisioning process that will help you create your own vision for each area of your life. This invitation is not only for creating your first vision board but also for people who would like to 'update' their existing vision board.

Become *the star* in the movie of your own life. Start today to collect your visions!

Please register by 4:30 pm on March 2nd, by calling 404-3504 and ask for Irene.



Getting to Know You Member Spotlight



Name: Brad Rowe

HMC Member since: October, 2011

Hometown: Sydney, Nova Scotia

Hobbies: Meditation, studying contemplative traditions and HMC workshops

Favourite Food: Almost everything, especially if someone makes it for him.

Life Motto: Be Good to You!

What Brad loves about Healthy Minds: "It is a place populated by wonderful people who engender, encourage and promote wellness, sustainability of this wellness and quality of life. It's a place of support and acceptance."

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.



Community Activities

...stuff you might want to check out!

Bayers Road Open Groups

Auricular Acupuncture
Mon & Thurs - 11 to 12

Depression Support Group
Tues 7 - 9 pm
Contact: Roy Muisse (404-7800)

Mindfulness Group
Wed - 12:15 to 1:15

(You can reach the clinic by calling 454-1400)

Outpatient Art Group

9th Floor Abbie Lane Art Room
Tues - 6 pm
Contact: Tara Harnish (473-4068)

Connections Halifax

1221 Barrington Street
Daily activities & meals
Contact: 473-8692





Way to Wellness

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

A therapeutic bath is a great way to unwind. Pour two cups of Epsom salt into a warm bath and soak for at least fifteen to twenty minutes. This will create a magnesium soak that will warm you all over and help to draw out toxins through the skin.

- Submitted by Irene Skehen, Wellness & Recovery Educator



HMC Creative Writing Group

by Anna Quon

Strike!

We're all a little weary of the bus strike by now, and for those of us who have a difficult time getting ourselves out the door at the best of times, these may well be the worst of times. Some of us pay for cabs, but most of us cannot afford to on a regular basis. The inability to get out to appointments with our therapists, to connect with friends, family and other supporters, to buy groceries, medication and get to paid or volunteer work, hit us where it hurts - in our minds, our hearts and our pocket books.

With the bus strike hindering our ability to get to Healthy Minds Cooperative, the Creative Writing Group was cancelled on February 14, but will continue in March on the 13th and 27th from 2 to 4 pm. If you are unable to make it to the group, but would like to receive the writing exercises we do next week, email hmnavigator@eastlink.ca and I will send them to you. I am hopeful that some of you will find your way to HMC, because I have missed you and our cauldron of creativity!

And remember, new members are always welcome, so if you have a friend who wants to join us, bring them along!



Healthy Minds Cooperative Keep the Dates - December 2011

- ◆ March 1 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ March 5 - Peer Support Recovery Dialogues Workshop - *Good Days - Bad Days* - DARTMOUTH, 10 - 12 noon
- ◆ March 7 - Vision Board Workshop, 10 to 12 noon
- ◆ March 8 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ March 12 - Peer Support Recovery Dialogues Workshop - *Hope as the Beginning of Recovery* - DARTMOUTH, 10 - 12
- ◆ March 13 - HMC Creative Writing Group, 2:00 to 4:00 pm
- ◆ March 15 - Peer Support Recovery Dialogues Workshop - *Entitlements* - HALIFAX, 10 - 12 noon
- ◆ March 15 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ March 19 - Vision Board Workshop, 10 to 12 noon
- ◆ March 22 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm
- ◆ March 27 - HMC Creative Writing Group, 2:00 to 4:00 pm
- ◆ March 28 - Vision Board Workshop, 10 to 12 noon
- ◆ March 29 - Peer Support Recovery Dialogues Workshop - *More Than My Diagnosis* - HALIFAX, 10 - 12 noon
- ◆ March 29 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm

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



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