



Self Awareness Workshops

**East Dartmouth Community Centre
50 Caledonia Road, Dartmouth**

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, May 7th Getting to Know 'You'

10 am - 12 noon

Monday, May 14th Getting in Touch with Your Personal Power

10 am - 12 noon

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

Stand Up for Mental Health Comedy Show



Title sponsor



The graduates from the 2011 Stand Up for Mental Health Group will be taking the stage in May to showcase their funny bones! Kathleen Higney, part of the class of 2011 says, "People who are living with mental health issues often feel it is better to keep quiet about their struggles. Creating and performing a comedy act about those struggles is like opening a door and letting fresh air and sunshine flood in. And when you hear an audience laugh at your jokes, you know that you are not alone in working towards recovery. The audience becomes part of your support network."

Join us on **May 15th** at **Presentation Theatre, NSCC Waterfront Campus, 80 Mawiomi Place in Dartmouth, from 7 to 9 pm. Doors open at 6:30 pm. Tickets can be purchased at the door for \$10.**

(Or pay what you can.)

May 2012

Volume 8, Issue 5

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Peer Support Recovery Dialogues

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 Commitment to Change**
Thursday May 3rd 10 am to 12 noon
- Session 2 Actions for Change**
Thursday May 17th 10 am to 12 noon
- Session 3 Overview: Five Stages in the Recovery Process**
Thursday May 31st 10 am to 12 noon

EAST DARTMOUTH COMMUNITY CTR. LOCATION

(50 Caledonia Road)

- Session 1 Being Disabled by Despair**
Monday May 28th 10 am to 12 noon



Community Activities

...stuff you might want to check out!

The NS Bipolar Peer Support Alliance - Halifax Chapter

Meets every Monday of each month from 6:30 to 8:30 pm

Room 429 Abbie J Lane Building

Contact: susanroper@eastlink.ca



Message from the Executive Director

Karen Gilmore



There was good news for mental health on Monday, April 23. The Mental Health and Addictions Strategy, Report was released at a press conference at Mindful Mango. The report contains 61 recommendations that will be used to create the province's first comprehensive mental health strategy.

The report outlines four priority areas for action:

1. Invest in health promotion, earlier intervention and faster access to services.
2. Fix gaps within the systems of care.
3. Create supportive communities so that people with mental health and addictions problems can live healthy and productive lives.
4. Strengthen Collaboration/working more effectively together.

It was reassuring to see that consultation with more than 1,200 Nova Scotians included individuals who live with mental illness and their family members. Their input provided feedback to the Advisory Committee ensuring those who access mental health services had their voices heard and considered to shape the 61 recommendations. Congratulations to all involved for a document that will serve to strengthen mental health and addictions services in Nova Scotia.

A summary of the report as well as the full report can be found at: <http://www.gov.ns.ca/health/mhs/mental-health-strategy.asp>

“The ear of the leader must ring with the voices of the people.”
- Woodrow T. Wilson



Navigation

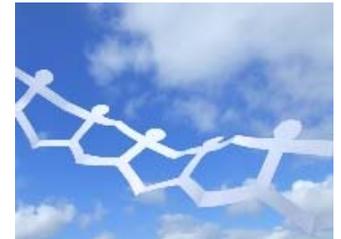
Going through the mental health system can be like trying to find your way through a maze. Navigation is a service that Healthy Minds Co-op provides that helps guide people living with a mental illness, and their

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

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



JP Galipeault Award



It was Jean-Pierre (JP) Galipeault's vision and life's work that inspired the founding of Healthy Minds Cooperative in 2005. In his honor the JP Galipeault Award was established in 2010 to recognize an outstanding member who has demonstrated authentic, active and meaningful input into Healthy Minds Cooperative. Past Award recipients have been Anna Quon in 2011 and Norman Brown in 2010.

Do you know a Healthy Minds Cooperative member who:

- is actively involved as a member of Healthy Minds?
- promotes good mental health in his/her community?
- is actively engaged in the design and delivery of mental health programs?
- is a mental health advocate who supports his/her peers and families of those living with mental illness?
- participates and encourages others to join in activities to reduce stigma surrounding mental illness?

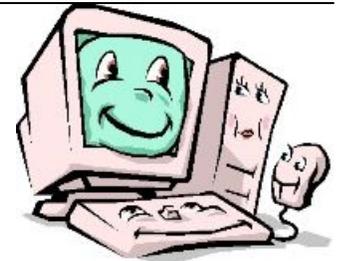
If you know someone who demonstrates these qualities and would like to make a nomination, please call HMC at 404-3504 for more information. Deadline is May 28th.

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

You can still join Healthy Minds Cooperative Speakers Bureau! 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.

In May, Speakers Bureau will meet on **Tuesday May 1st and 15th from 2 to 3:30 pm at HMC, Bayers Road.** To register, or for more information, call 404-3504.





Way to Wellness

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

Clutter and chaos in a house appears to be linked with emotional eating. There is a connection between organizing clutter and losing weight.

- Submitted by Irene Skehen, Wellness & Recovery Educator



HMC Creative Writing Group

by Anna Quon

Beginning in March, the Healthy Minds Cooperative offered a one hour workshop in creative writing for the first time to inpatients of 6 and 7 Lane at the QEII Health Sciences Ctr. Building upon the work of the HMC Creative Writing Group, the monthly Abbie Lane group allows inpatients an opportunity to explore and share their writing through free writing and structured writing exercises.

At the March meeting, three patients and a recreation therapist for the units joined facilitator Anna Quon and Navigator, Laurel Walker for free writing on the theme “things that make me happy”. They also wrote a thank you letter to someone or something they felt grateful for and did a quick chain story. Anna says, “The idea is to offer participants an opportunity to experience creativity and self-expression, and maybe most importantly, to simply have fun. Fun is something that can be in short supply when you are ill and in hospital.” **The HMC Creative Writing Group will meet at HMC in May on the 8th and 22nd from 2 to 4 pm at Bayers Road.**

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. They offer telephone intervention throughout the Capital District and mobile response in areas served by Halifax Regional Police including Halifax, Dartmouth and Bedford. Support is confidential, non-judgmental and respectful.

**Phone: (902) 429-8167
1-888-429-8167 (toll free)**



Healthy Minds Cooperative Keep the Dates - May 2012

- ◆ **May 1 - Speakers Bureau, 2 to 3:30 pm at HMC**
- ◆ **May 3 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon HALIFAX**
- ◆ **May 3 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm**
- ◆ **May 7 - Getting to Know 'You' (Self Awareness Workshop) DARTMOUTH (50 Caledonia Rd.) 10 to 12 noon**
- ◆ **May 8 - HMC Creative Writing Group, 2:00 to 4:00 pm**
- ◆ **May 10 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm**
- ◆ **May 14 - Getting in Touch with Your Personal Power DARTMOUTH (50 Caledonia Rd.) 10 to 12 noon**
- ◆ **May 15 - Speakers Bureau, 2 to 3:30 pm at HMC**
- ◆ **May 15 - Stand Up for Mental Health Comedy Show, NSCC Waterfront Campus, Dartmouth, 7 to 9 pm**
- ◆ **May 17 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon HALIFAX**
- ◆ **May 17 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm**
- ◆ **May 22 - HMC Creative Writing Group, 2:00 to 4:00 pm**
- ◆ **May 24 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm**
- ◆ **May 28 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon DARTMOUTH (50 Caledonia Rd.)**
- ◆ **May 31 - Peer Support Recovery Dialogues Workshop, 10 to 12 noon HALIFAX**
- ◆ **May 31 - Recovery to Discovery, The Hub on Barrington St., 6:30 to 8:30 pm**



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Mail To:

