



**A REASON TO HOPE. THE MEANS TO COPE.
THE SCHIZOPHRENIA SOCIETY OF ONTARIO.**

GUELPH & AREA CHAPTER NEWSLETTER NOVEMBER 2006

The Guelph SSO is a volunteer family support, education and advocacy organization serving Guelph and surrounding areas. The chapter meets 3rd Tuesday each month September through May (except December), Evergreen Seniors Centre 683 Woolwich Street Guelph—7:30 p.m. Everyone is welcome. You don't have to be a member.

ssoguelph@netscape.ca www.schizophrenia.on.ca www.schizophrenia.ca

Chair: Pat Vanderkooy—519-821-4992 pvanderkooy@sympatico.ca Secretary: Cheryl McLean 519-822-2862

**Next Meeting: Tuesday, November 21, 2006 at 7:30 p.m. Circle your calendars!
(This will be the last meeting of the year, as there will be no December meeting)**

This will be our **Annual General Meeting**- a time to reflect on our past year and to plan for the future. We will also be electing the members of our Management Committee. If you would like to be a part of the team, we welcome you, but do not feel your attendance at this meeting will mean you will be persuaded into a new job. We need and value your input and direction and encourage you to attend! There will also be an opportunity for small group discussion, sharing and visioning.

Judith McKenzie, who serves on the Schizophrenia Society Canada board as well as our Guelph Chapter, will share with us at the November meeting. Judith offers the following information:

Re: the Canadian Mental Health Commission

Canada is the only G8 country without a national mental health strategy. A key recommendation of Senator Kirby's Report, titled *Out of the Shadows at Last*, was the creation of a Mental Health Commission that would oversee mental illness services across the country. The Schizophrenia Society of Canada (SSC) is asking Canadians to join a new online campaign calling on the federal government to establish the Commission. Please join the SSC's campaign by visiting www.healthcampaign.ca and follow the links for the Canadian Mental Health Commission. Visitors can also send an email directly to their Member of Parliament and sign an on-line petition supporting the Commission.

Why is a national commission so important? First, it will allow for the mobilization of federal, provincial and territorial governments as well as non-government organizations to gather information on the state of mental illness and address service needs in a coordinated and comprehensive fashion. In addition, it will allow for the sharing of best practices and services for people living with mental illness.

Re: Comedy Troup

Judith saw a comedy group of consumers/survivors perform in Ottawa at the Stigma Conference she attended. They are called the Stand Up for Mental Health Group and will be featured on CBC on November 16th at 8pm.

From Ursula Lipski, Director of Policy and Research, SSO.

The Ontario Government is currently consulting citizens as it prepares its 2007 budget. A series of in-person consultations are scheduled during which organizations and individuals can provide their input into the budget planning process. As well individuals can provide feedback in writing, or by email - see <http://www.fin.gov.on.ca/english/consultations/prebud07/> SSO has requested to give an oral presentation

during the Toronto consultations. We will also be preparing a written submission. The focus of our ask is: 1) increases to ODSP and 2) increasing support for families involved in the mental health system.

Pre-budget consultations are a great way for individuals to have a say in the budgeting process. The on-line process they've created makes it easy for individuals to respond quickly. Please consider responding to this process. To strengthen SSO's voice, ask for ODSP increases and increased support for families. Don't hesitate to contact me if you have any questions – 416-449-6830. And feel free to circulate this message widely. Ursula. Written submissions can be sent to:

: Honourable Greg Sorbara Minister of Finance,
C/O Budget Secretariat
Frost Building North, 3rd floor
95 Grosvenor Street
Toronto ON M7A 1Z1 Fax: 416-325-0969

Our October Special Guests were: John Charles, Mina McCluskey and Judith Rosenberg— Mina gave us a very exhilarating introduction to: GIVE VOICE! Mina encouraged all of us to attend. That each and everyone have something to gain and to contribute.

Thursday November 9 and Thursday December 14 - *GIVE VOICE!* Public Speaking Club gatherings - Evergreen Centre - 683 Woolwich Street -7 to 9pm – The 14th will be the last gathering of the Public Speaking Club for this year.

GIVE VOICE! Mission: **GIVE VOICE!** will use Public Speaking as a vehicle to foster confidence, share knowledge, raise awareness and improve life opportunities for those struggling with mental health and other life challenges.

GIVE VOICE! Vision: **GIVE VOICE!** Our goal is for every person to have the confidence, resources and community support to realize their full potential as valuable contributors to society. Give Voice! was founded on a belief that every person has skills that can make him or her a valuable contributor to society.

ANNOUNCEMENTS

Dunara-Support Group 519-836-2332
329 Gordon St, Guelph Wednesdays at 1:30 p.m.
Music Group Fridays at 1:30 p.m.

Dr. Litt's Support Group 519-821-2060
CMHC 147 Delhi Street, Guelph Tuesdays at 1:30 p.m.
In conjunction with this group – **Social Connections** offers social activities-824-1010 ext 2275

CARE Recovery Group FREE funded by the Guelph Chapter SSO
Guelph Community Health Centre -176 Woolwich St. N. -Thursdays at 7pm/Woolwich Room
Action Based Counseling Tim Tentcher 993-4609

Spark of Brilliance Events www.guelpharts.ca/sparkofbrilliance (519) 766-4450 X 237
Thursday November 30 - **DANCE & MOVEMENT** - with Nicola Holmes - 7 to 8:30 pm –
Guelph Youth Music Centre - Dance Studio. No dance experience necessary. Wear comfortable clothing.

CREATIVE BRILLIANCE ORANGEVILLE 5 Faulkner Street, Orangeville

REMINDER: NO DECEMBER MEETING. JANUARY MEETING ON THE 19TH.