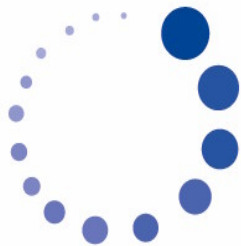


# Self Help Connection



## Want to Find Out More About Self-Help Groups in Your Area?

If you are interested in finding out if there is a self-help group in your area or if you are interested in starting one in your community, please call us at 466-2011, and one of our staff members can help you!

### 2006 Directory !

We now have the most recent edition of the Self-Help Connections' provincial *Directory of Self-Help Groups and Related Resources 2006*, available for purchase (\$35.00, an additional \$5.00 postage and handling fee will apply only to all mail out orders). If you would like a copy of the directory please contact us at 466-2011 or by e-mail at [selfhelp@eastlink.ca](mailto:selfhelp@eastlink.ca)

Volume 1, Issue 2

January 2006

## Winter Newsletter

## Welcome New Staff Member Jane Underwood

We welcome Jane Underwood (BA, AIPM, DNEBSS, WRNS, Ret) as the Personal Development Educator for the Consumer Initiative Centre. We believe her knowledge and background are a good addition to the Self-Help Connection Staff Portfolio.

Jane has come to us fresh from her recent position with Corrections Canada's Employment Section as a Project Manager. She has over twenty years experience in Human Resource Management and Consultancy, and

specializes in assisting those facing barriers to employment enter or re-enter the job market.

Jane has worked with a variety of not for profit groups among them PEI Council for the Disabled, St. Johns Ambulance, Red Cross, Northern AIDS Connection, Canadian AIDS Society, Aisereigh House, Colchester Sexual Assault Centre, FutureWorx, and also with the Self Help Connection for the past six years as our Human Resource Consultant.

Jane has the additional skills of designing training programs for a variety of issues and topics, policy and proposal writing, and board development. She will assume responsibility for the BUILT (Building Up Individuals Through Learning and Teamwork) Portfolio and other related projects as they arise. To find out more about the BUILT program, see p. of this newsletter, and visit our website under Consumer Initiative Centre Programs, [www.selfhelpconnection.ca](http://www.selfhelpconnection.ca).

### Inside this issue:

|                           |   |
|---------------------------|---|
| Self Help Groups          | 2 |
| Creative Living Program   | 2 |
| Prior Learning Assessment | 2 |
| National Board President  | 3 |
| Our Staff                 | 4 |

## Self-Help Groups

---

### Upstairs Kitchen Club Depression Group

Our group provides peer support for people experiencing depression or anxiety and depression and to share new ways of coping with depression. We meet at 230 Pleasant St. At the North Woodside Community Centre in Dartmouth, every second Tuesday from 7:00 pm-9:00 pm. A donation of \$1.00 is requested towards room rental. Please contact Barb for meeting information at 405-2090.

### Family Members Supporting Family Members Support Group

We are a self-help group of peers, not professionals, who all have a family member/loved one with a mental illness. We all need someone to talk to when our loved one is having a relapse, or even when things are going smooth. We meet to offer support, not to judge. Many of our family members and/or friends may not feel comfortable discussing mental health issues. We have all been through similar experiences and can relate to each other. We

will also be providing professional and consumer guest speakers to discuss related topics concerning mental illness. The purpose of our group is to provide a safe place for family members of a loved one diagnosed with a mental illness to discuss our feelings without being judged, or a place to come and just sit and listen. We meet in Halifax on Wednesday nights from 7:00 pm-9:00 pm at the Mumford Road Sobeys Community Room. Please contact us at the Self-Help Connection at 466-2011 for more information on this group.

## Creative Living: A Wellness Program for Women

---

The Self-Help Connection and the Consumer Initiative Centre would like to thank the Dartmouth Community Health Board for their support with the Creative Living Program for women. Through the Community Development Fund, we were able to obtain funding to develop a workshop series and purchase

materials that will provide an opportunity for women to become actively involved in improving their overall health. In phase II we will develop the



promotional materials, recruit participants, and implement and evaluate the sessions. Workshop topics will include wellness, stress management, active living, yoga, meditation, healthy eating, positive thinking, journaling, healthy relationships, etc.

## Prior Learning Assessment and Recognition

---

Francine Vezina, Health Educator for the Consumer Initiative Centre, is currently fulfilling the guided practicum component of the PLAR Practitioners Program through the PLA Centre, Halifax, NS.

Through the PLAR program, participants are provided with an

opportunity to prepare their own skills and learning portfolio. Learning takes place in many settings, not just in a formal classroom. The Portfolio Development Course guides participants through the process of identification, reflection, analysis, and documentation of

prior learning. Call the Consumer Initiative Centre if you are interested in attending a future session of the Portfolio Development course.



## Skill Development for Entrepreneurs Course

---

Marc Porter, Employment Educator for the Consumer Initiative Centre, recently completed the Fall/Winter session of the professional (technical) development course. This Course is designed to introduce the skills necessary to develop a comprehensive business plan/document from the conceptual stage (idea) to the market. Topics include goal setting, market research, business promotion, funding sources etc.



Those interested in registering for a future session are invited to call CIC-E at 404-7800 ext. 12.

## Staff Member Elected President of National Board

---

Roy Muise, Certified Peer Specialist for the Consumer Initiative Centre, was recently elected board president of the National Network for Mental Health. The National Network for Mental Health exists to advocate, educate, and provide expertise and resources for the increased health and well-being

of the Canadian mental health consumer/survivor community. The principles of inclusion, informed choice and individuality are the focal point. The individuality of each consumer/survivor is valued and appreciated. Working toward the common goal of advocating on behalf of the national mental

health consumer/survivor community is accomplished by empowering individuals who together create a powerful, united voice.



## CIC-E Graduate to Provide Yoga Sessions

---

Melissa Burgess-Neilson came to the Consumer Initiative Centre's Entrepreneurship Program in 2003 with her dream of becoming a self-employed Yoga instructor. Since then, she has completed a formal business plan, received partial education funding from a partnering



community agency and received professional training locally and in California, USA. She is now completing her teaching certification requirements and will be providing yoga workshops as part of our Creative Living and Mental Health Promotion Programs.

# Our Staff



**Linda Bayers, PhD**  
*Director, Self-Help Connection*  
linda.bayers@eastlink.ca

**Sotiria Tsirigotis, MA, CTRS**  
*Programs Manager, Self-Help Connection*  
sotiria.tsirigotis@eastlink.ca

**Francine Vézina, MA**  
*Health Educator, Consumer Initiative Centre*  
francine.vezina@eastlink.ca

**Roy Muise, CPS**  
*Peer Specialist, Consumer Initiative Centre*  
roy.muise@eastlink.ca

**Marc Porter, MBA**  
*Employment Educator, Consumer Initiative Centre*  
marc.porter@eastlink.ca

**Jane Underwood, BA, AIPM, DNEBSS, WRNS (Ret.)**  
*Personal Development Educator*  
janeunderwood@eastlink.ca

## Cryptogram

*Hint: Purpose of the Self-Help Connection*

DC XJJVJD SCMX JTCDVXSJ DC DXBW TCSDZCO CE DQWVZ QWXODQ  
YR VSTZWXJVSU DQWVZ BSCFOWNUW, JBVOOJ XSN ZWJCPZTWJ ECZ  
VSNVMVNPXO XSN TCOOWTDMW XTDVCS

### Self-Help Connection

63 King St.  
Dartmouth, NS  
Canada B2Y 2R7

Tel (902) 466-2011  
Fax (902) 404-3205  
Toll free 1-866-765-6639

### Consumer Initiative Centre

63 King St.  
Dartmouth, NS  
Canada B2Y 2R7

Tel (902) 404-7800  
Fax (902) 404-3205  
Toll free 1-866-765-6639

**We're on the Web!**  
[www.selfhelpconnection.ca](http://www.selfhelpconnection.ca)

This document was created with Win2PDF available at <http://www.daneprairie.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.