

Our Programs

Informatics Education

This module is designed to assist participants to become computer literate and to educate them in making the best use of today's technology. Areas of focus are:

Computer Literacy - Identifies potential trouble spots and to overcome these problem areas; identifies appropriate programs for use within a participant's particular business and/or activity.

Computer Training and Support - Advises on any computer hardware/software purchases and ways of accessing funding for those items.

E-Communications - Teaches how to use text messaging, instant messaging, e-mail, chat rooms, and blogs, along with the etiquette of proper usage.

Information Management - Provides workshops to participants on effective information management as well as teaches participants how to set up and manage files, folders, and data bases.

Internet Fundamentals - Teaches participants to use a variety of technical tools for e-communications and accessing electronic information on mental health issues, employment, and other supports.

Promotional Material Development - Teaches participants how to design and create promotional material.

Research - Teaches participants how to use online search engines to access research information; teaches participants how to evaluate online information; explains ways to incorporate e-learning in programs.

CIC Staff

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The Consumer Initiative Centre was up by the Self-Help Connection in **2002**. The CIC operates under the umbrella of the Self-Help Connection.



**Helping persons
living with,
through, and
beyond mental
health problems
and illnesses,
move forward**

Our Programs

Peer Support

This module is based on our belief that all persons living with a mental illness can recover. It is designed to meet the needs of participants at any point on their recovery journey. Areas of focus are:

Consultations - Provides one-on-one consultations designed to help persons living with a mental illness connect with the appropriate supports in the community.

Individual and Self-Advocacy - Offers advocacy services to participants while teaching advocacy skills so that the individual feels comfortable advocating on his/her own behalf.

Leadership Training - Presents a nationally recognized training program that prepares consumers to take a more active role in the community.

Peer Support - Offers one-on-one peer support to all participants as they begin to use their new skills.

Recovery - Works with all participants as they progress through the five stages of recovery.

Wellness and Recovery Action Plan (WRAP) - Assists participants to develop strategies for everyday well being, recognize triggering events and early warning signs, prepare a personal plan if symptoms increase, and create a crisis and post crisis plan.

Our Programs

Personal Development

This module is designed to encourage individuals to take control over and improve their health and well-being. Areas of focus include:

Anger Control Training - Aimed at adults presenting with overtly aggressive behaviour, this 12 week (2 hours per week) training program helps individuals develop positive coping strategies that will work for them.

Building Confidence - Covers self-esteem, personal assertiveness, and stress management.

Healthy Living - Provides information on stress management, active living, healthy relationships, good communication, affirmations, and other topics that promote a holistic approach to healthy living.

Men's Health and Wellness - Examines various health and wellness issues from a male's perspective.

Healthy for the Holidays - Offered in November/December, this program addresses the additional stress created by the holiday season by looking at simple, and inexpensive ways to celebrate the holidays. The emphasis is on creating the holiday that **you** want.

Our Programs

Entrepreneurship and Employability Enhancement

This module is designed to enhance consumers' capacity to participate in the business planning and development process, leading to self-employment. Areas of focus include:

Entrepreneurial Self-Assessment - Allows participants to explore whether or not self-employment is for them and assists with making informed choices. Those choosing to enter the workplace will receive pre-employment skills training and support.

Self-Employment Option - consists of two components:

- Technical** - Formal instruction on how to develop a business plan.
- Market Research involving the four P's: (Product, Place, Price, and Promotion)
 - Goal Setting (helps participants develop goals for themselves and their business).
 - Developing Budgets.
 - Understanding Financial Statements (demonstrates the importance of record keeping and how to track and document information).
 - Accessing Funding Sources - Includes information on traditional and non-traditional funding sources and how to access those funds.

Practical - where the participant actually writes their business plan.