

Our Resources

- **Directory of Self-Help Groups and Related Resources in Nova Scotia** (updated annually)
- **A Self-Help Toolkit: For New and Seasoned Facilitators**
- **Series of “how-to” booklets for consumers on leadership, capacity building, and advocacy skills**
- **Youth Helping Youth: A Guide to Starting a Self-Help Group**
- **Growing and Flourishing in Self-Help Groups: A Manual for Women Survivors of Childhood Sexual Abuse**
- **Tips for Self-Help Group Leaders**
- **Self-Help: A “How To” Manual**

The Self-Help Connection is not responsible for the views and activities of any self-help group in Nova Scotia.

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Self
Help
Connection

Helping People



Help Themselves

About Us

The Self-Help Connection is a registered charitable organization established in **1987** to assist Nova Scotians to take control of their health by increasing their knowledge, skills, and resources for individual and collective action.

The Self-Help Connection has received national recognition as a 'Mental Health Best Practice Program' from the Federal, Provincial, and Territorial Advisory Network on Mental Health for self-help and consumer initiatives.

What We Do

Information and Referral

We refer individuals to self-help groups and appropriate services; provide consultations on self-help issues and resources; publish a directory of self-help groups; maintain a website; publish an E-newsletter; maintain a list of potential groups.

Capacity Building and Support

We help individuals start and maintain self-help groups; assist professionals in developing support groups and peer support networks; develop programs to meet the health needs of specific populations.

Research and Evaluation

We conduct needs assessment and research on self-help and mental health issues; train and mentor consumers in participatory action research; partner with colleagues in academia and the community to conduct research; evaluate our programs/projects.

Our Workshops

The Self-Help Connection provides hands-on workshops in a variety of formats: one to two hours, a half day or full day, or tailor-made to fit your needs.

Advocacy

Explores ways of accessing the right service, at the right time, for the right reason.

Facilitation Skills

Teaches a method of facilitation called "assertive caring." It consists of four steps: providing a statement of understanding, setting limits, suggesting an alternative, and checking for agreement.

Group Process

Covers practical tips on how to assist groups as they go through five stages: forming, storming, norming, performing, and leaving.

Group Transitioning

Describes how to make the transition from a professionally-led support group to a peer-led support group.

Healthy Living Education

Promotes activities that support overall health, such as nutrition, physical activity, sexual health, stress management, social support networks, personal health practices and coping skills, self-esteem, and employment/working conditions.

Professionals and Self-Help

Discusses roles, referring to groups, mentoring groups, making the next step to a peer-led group, the benefits of self-help, research on self-help, setting up self-help groups, support groups and peer support networks.

Self-Help Group Development

Demonstrates the ten steps for starting a group.

Troubleshooting in Groups

Shows how to manage group problems including: monopolizing discussions, frequent interruptions, individuals needing professional help, confidentiality, recruiting new members and changing leadership.

Centres Under Our Umbrella

The Consumer Initiative Centre was set up by the Self-Help Connection in **2002** to help persons living with mental health problems and illnesses. The centre provides capacity building programs in the areas of:

- Peer Support
- Personal Development
- Entrepreneurship and Employability Enhancement
- Informatics Education