



Our Harbour rocler.qc.ca

Friendship Places Toronto

<<L'Abri Ottawa>>

NETWORK NEWS

GROWING OUR COMMUNITY THROUGH SHARED LEARNING •
FAIRE CROÎTRE LA COMMUNAUTÉ EN PARTAGEANT NOS CONNAISSANCES

Issue 3, fall 2007

We are pleased to present the third edition of Network News. Fall has been sunny and warm, and the past few months have been a very active time for the network groups. Quoique les occasions de nous rassembler en groupe soient rares, nous pourrions utiliser ce forum afin qu'une communication fluide et permanente lie tous les groupes.

In this issue of Network News, residents, staff and volunteers from each of the network groups have submitted updates from their communities. Merci à tous ceux qui ont contribué. We have attached a PDF copy to facilitate forwarding and in case you have difficulty viewing this email.

If you have any news items or suggestions for our next issue of Network News, please contact Allysha at (514) 932-2199; ensemble@labrienville.org

• NEWS FROM NETWORK MEMBERS •

OUR HARBOUR...

By Gail Fitkin

The past few months have been a busy time for residents at Our Harbour. Thanks to Liane's leadership in organising events, and the help of volunteers making it all possible, we have really been able to take advantage of the lovely fall weather. In August all of the residents took a day trip with volunteers to the park Le Domaine de Rêve in Sainte-Angèle-de-Monnoir. The ladies swam and sunbathed and we all had a picnic lunch; it was a beautiful day. Later in August six residents also traveled to the Îles-de-Boucherville to bike and hike. Again it was a lovely day, the hikers even spotted several deer and a beaver. August was rounded out with a BBQ at a volunteer's home. In September a few residents helped set up the St. Lambert United Church Bazaar. Residents also attended a book sale at the United church later in the month, and Gail joined a book club that started up at the sale. In September five residents went apple picking in the country at a farm called The Orchard of Three Apples. We filled bags of apples and later went for a minestrone soup lunch at a volunteer's home. Some residents also attended *Together 2000*, a choir performance at St. Andrews church where money was raised for African children in need. In October, on Halloween night, we had an amazing time visiting the Botanical Gardens in Montreal. We toured the greenhouses and when it was dark we saw the lantern exhibit.

The many beautiful lanterns were breathtaking and the exhibit also included lovely traditional Chinese music.

Our Harbour's Coordinator, Perveen Khokhar, can be reached at (450) 671-9160; ourharbour@ourharbour.rocler.qc.ca

LES TOITS D'EMILE...

Par Stefanny Labrèche

Il y a eu beaucoup de changements cette année aux Toits d'Émile. D'abord, une nouvelle coordonnatrice est entrée en fonction pratiquement en même temps qu'un nouveau locataire. Du coup, ce dernier a pris la dernière place disponible dans le logement des gars auprès des deux autres co-locataires. Ensuite, de nouvelles bénévoles se sont joint à nous offrant ainsi plus de latitude dans les activités et les services offerts pour nos locataires. Certaines de ces bénévoles sont de jeunes filles dans la vingtaine qui désirent remplir un stage chez nous dans le cadre de leurs formations, et d'autres veulent simplement apprendre davantage sur les troubles de santé mentale. Dans les deux cas, cette clientèle est aussi nouvelle dans notre organisme. La formation pour les bénévoles a été modifiée afin d'approfondir les connaissances sur la santé mentale et elle sera présentée de façon différente, c'est-à-dire, sur présentation « Powerpoint ». Finalement, notre nouveau porte-parole de la campagne de levée de fonds 2007-2008 qui est également le président directeur général des « Investissements Richard Auger » nous a donné un bon coup de main. M. Auger et son équipe ont travaillé à la mise en œuvre d'un projet visant à augmenter la visibilité de l'organisme. Ainsi, sur les autobus « Auger » de la région de Châteauguay, il y a un espace publicitaire réservé pour le logo des Toits d'Émile.

Vous pouvez rejoindre Stefanny Labrèche, coordinatrice de Les toits d'Émile, au (450) 699-9292; emileorganisme@yahoo.ca

FRIENDSHIP PLACES TORONTO...

By Allysha Larsen on behalf of Friendship Places Toronto

Friendship Places Toronto has been taking the fall to focus on some important foundational steps for building their organisation. The group is now incorporated and has applied for charitable status which can open doors to other aspects of organisational building such as fundraising and outreach. Work around fundraising and outreach is already underway, spearheaded by newly formed committees. Grant possibilities are being researched as well as other considerations related to subsidizing the work of the organisation, such as the Ontario Disability Support Program. In addition, the outreach committee is set to begin presentations to faith communities and other groups, with the aim of attracting volunteers and community resources. Working hand in hand, the dual effort to raise social and financial capital makes the dream of community-supported housing for people living with a mental illness in Toronto more and more tangible. Friendship Places Toronto is also in the process of choosing a logo – what better way to symbolize their development so far!

Interested people can contact Jack Kugelmass, Interim Chairperson, at (416) 787-3384; jkugelmass@gmail.com

OTTAWA...

By Richard Haughian

Since March, the Ottawa group has held four general meetings focused on learning more about the L'Abri philosophy and organization, making contacts in the Ottawa area mainly with churches and mental health housing organizations, and putting in place internal organizational structures. On June 17th a special Sunday service was held at First Unitarian Congregation of Ottawa led by

L'Abri en Ville (Montreal) and the Ottawa group. Attendees were very enthusiastic, expressing how impressed they were by the presentations, particularly by the words of Christiane Lefebvre, a L'Abri resident, and her father. The service focused on mental illness and the L'Abri en Ville model. Many attendees gave donations and several new volunteers have joined us as a result of the service. Several of our members have been to visit L'Abri in Montreal and others are in process of planning trips.

At our September general meeting we approved an operational plan that aims to have our first residence in place by February 2008. We also set up five committees: Creating Community, Communications, Developing Supports, Mission & Philosophy and Building Partnerships. Our next plenary meeting is scheduled for October 23rd when we hope to begin a visioning process to articulate our mission, vision, values and name.

We are very thankful for L'Abri's involvement and support of our initial efforts to form a group in Ottawa, and especially for Bridget's faithful attendance and assistance at our meetings, her provision of information and invitations to visit Montreal.

If you wish more information about the Ottawa group, I can be reached at richard3h@sympatico.ca or (613) 730-5425.

L'ABRI EN VILLE ...

By Allysha Larsen and David Seymour

Recounting the fall activities that have taken place at L'Abri en Ville is a good opportunity for me to reflect on my first two months of working with the organisation. My introduction to L'Abri en Ville was to attend the annual weekend getaway at Camp Kinkora in the Laurentian Mountains. It was a great way to take in the scope of the organisation and meet many of the residents, volunteers, board members and the other coordinators. We all enjoyed the beautiful and unusually warm September weather: people hiked, canoed and even swam. We shared food, played games, made art, and did a lot of talking. I was delighted by the relaxed rapport and familial atmosphere that characterises this community. David Seymour, a resident at the Benny apartment wrote the following humorous poem about his experience at camp:

At the Lake

*There we were at Camp Kinkora, full of fun and glee
We went down to the Lake to discover we missed muscle beach
And instead arrived at blubber beach!
We frolicked in the water, full of jokes and laughter
Later we had to leave, to take a break and breathe
But after swimming was over, as lucky as a four leaf clover
We will come back next year, with much love and nothing to fear.*

Also this fall, residents that enjoy the arts have benefited from donated tickets to several McGill Chamber Orchestra concerts as well as plays at the Centaur Theatre. In addition, residents have been busy getting their cards ready to sell at local churches. The Christmas cards and hasty note cards designed by residents are particularly beautiful this year. The money raised by card sales will go to fund resident activities.

L'Abri en Ville's website continues to be updated with French content recently added. Many thanks to volunteer web designer Yael Barak, www.labrienville.org

L'Abri en Ville coordinators Beverly Kerr, Marianne Metrakos and Loraine Jacmain can be reached at (514) 932-2199; info@labrienville.org.

• NEWS FOR THE NETWORK •

There was great excitement among the L'Abri en Ville community this past October when Board member **Eleanor Beattie** traveled to Quebec City to receive a **Governor General's Caring Canadians Award**. Eleanor was one of a handful of recipients receiving an award at Quebec City's historic Citadel. The ceremony was presided over by the Honourable Michaëlle Jean. Several L'Abri en Ville members accompanied Eleanor to the prestigious event: Bob & Mary Bassett, Chris Neilson, Audrey Bean and Marianne Metrakos. The L'Abri en Ville community congratulates Eleanor on receiving this honour!

At the end of August 2007, the Prime Minister announced the final selection of the Board of Directors for the **Mental Health Commission of Canada**. Chaired by Senator Michael Kirby, the Commission responds to a key recommendation of a Standing Senate Committee report on mental health, mental illness and addiction in Canada. With the selection of new board members as well as chairs for the nation-wide network of advisory committees, the Commission is set to formally launch its activities. To read more about the Mental Health Commission of Canada, you can visit the website at <http://www.mentalhealthcommission.ca/mhcc-en.html>.

The **Quebec** Provincial Government is planning to implement a reform as part of its **Mental Health Action Plan**, which would involve transferring thousands of stable patients from hospital care into community care with general practitioners. The reform would also involve transferring 70% of hospitals' mental health teams – nurses, psychologists and social workers – to community clinics. The aim of the reform is to provide speedier access to mental health services right in the community, yet controversial aspects of the reform are attracting strong criticism from health care professionals. The main criticism is that without additional resources allocated to community clinics to accommodate the transferred patients, patients could be put at risk. (Fidelman, Charlie. "Reform would see mentally ill patients transferred to GPs" *The Montreal Gazette* October 5, 2007.)

Upcoming Events in the Community

Montreal

"Schizophrenia: what doctors know, what you should know" AMI Quebec **November 28, 2007, 7 – 8 pm**. Special guest speaker: Dr. Mark Laporta, Psychiatrist. For more information or to register, call AMI Québec at (514) 486-1448.

"How to communicate when there's a mental illness involved" AMI Quebec **January 30, 2008, 7 – 8 pm**. Special guest speaker: Dr. Camillo Zaccia, Psychologist. For more information or to register, call AMI Québec at (514) 486-1448.

A public forum: **"Stigma and Mental Illness: Humanizing Psychiatric Care"** **Friday, November 16, 2007, 4:30-6:30**, Queen Elizabeth Hotel, St. Francois Room, 900 René Lévesque West. Moderated by André Picard, four panellists including Margaret Trudeau will speak about personal experiences of stigma associated with mental illness and their views on humanizing care. RSVP leaving name, organizational affiliation and phone number president@CPA-APC.org or by voice mail (613) 234-2815 ext. 264.

Châteauguay

Les membres de Les toits d'Émile ont fait **une conférence de presse** le 31 octobre au local de M. Auger pour annoncer leur **campagne de financement 2007-08** et leur nouveau dépliant qui sera distribué dans tous les foyers.

Café-causerie : <<**Trucs pour les devoirs et les leçons**>> Maison de la famille **Jeudi le 15 novembre de 19h à 21h**, à 101 rue Notre Dame Nord, Châteauguay. Pour inscription ou autres informations, veuillez composer le 450 691-4897.

Toronto

“Joining Hands: Cross-Cultural Mental Health” CMHA Toronto Branch **Wednesday, December 12, 2007, 9am – 3pm**, 700 Lawrence Ave. W. suite 480, cost: \$85, registration is required. Contact Celine Bart, Public Education Coordinator, (416) 789-7957 ext. 295.

The CAMH **Education Group for Family Members** is holding 5 sessions between **October 23 and December 18th** at the 250 College St. building. Sessions are held from 6:30 pm – 8 pm. For more information call Linda Slodan at (416) 535-8501 ext. 6049, http://www.camh.net/News_events/CAMH_Events/ed_group_cats.html

The 15th annual **Rendez-Vous With Madness Film Festival** will be taking **November 8-17** at the Workman Theatre, 1002 Queen St. West. The festival screens shorts and feature films touching on mental health and addictions issues. For information call (416) 583-4339. <http://www.rendezvouswithmadness.com/>

Ottawa

2007 Community Forum on Homelessness, in honour of National Housing Day, presented by The Alliance to End Homelessness, **Thursday, November 22, 9 - 3:30 pm**. University of Ottawa, Tabaret Hall Chapel, 75 Laurier, 1st floor. Contact Lynne Browne for more information or to register: (613) 241-7913 ext. 205, lbrowne@ysb.on.ca

Constructively Coming to Terms with Mental Illness in the Family Information and support meeting, Royal Ontario Health Centre, room 3350, **November 20, 6 – 7:30 pm**. Contact Stephanie Brooks for more information at: (613) 722-6521 ext. 6871.