

The Notepad



Looking Forward to 2017

This is your notice of the
Annual General Meeting
for the

North Shore Schizophrenia Society

Wed., March 29, 2017, 7-9 p.m.

HOpe Centre Atrium

In order to vote your membership
must be up to date.

The Society will be holding its AGM in the public atrium of the HOpe Centre. Please welcome the incoming board, and acknowledge the work of the outgoing board members.

The Board has worked tirelessly this past year with some great achievements and looks forward to the year ahead. There are openings for volunteer opportunities in Advocacy, Education, Support and Events. We look forward to seeing you.

Please RSVP: 604-926-0856 or
Pouneh@northshoreschizophrenia.org





Greetings,

This month I have the pleasure of writing to you. Our President, Janice Lilley is resting in sunny Mexico. It's been an extraordinary year and we insisted she take some time off to rest before

the AGM.

We've been busy preparing an annual report, a first for this society, and we hope you'll be able to join us on March 29th, 7 – 9pm to welcome in the new board, and to hear about this year's work and learn about the work ahead. The report is a new format with statistics, and stories, and a must read.

You'll see from the report that we couldn't do all that we do for families, without the dedicated volunteers from our board members, Family-to-Family teachers, and Partnership presenters. It's a wonderful team, and they can always do with your help.

Some of you are recent graduates of the Family-to-Family course, and are familiar with the volunteer sheet, presented to you in class 11 and 12. We've included the same list of volunteer opportunities here in this edition's Notepad for your information and opportunity to support this important work.

On page 3 of the Notepad, Kathryn Seely, Family Navigator has outlined a description of a volunteer position, as a member of the support team. We look after our volunteers ensuring they are supported in their work and don't carry too much of a load. It really does take a village.

Finally I hope you will join us on March 18 for the Family Rendezvous. We look forward to seeing you at the AGM and a reminder to be sure to renew your membership. With warmest regards,

Nancy Ford, Executive Director

“Our strength comes from our Membership.”

NSSS invites you to the launch of

Rendezvous

a membership meet-up event

By popular request from the membership, ***Rendezvous*** has been formed to provide an occasional meet-and-greet opportunity in a friendly, informal setting.

Please join us to re-connect with Family-to-Family classmates, and teachers, find out about what the Society can do for you, how it functions, and how it can be supported.

Saturday, March 18, 2017
10 am to Noon

West Vancouver Seniors Centre
Social Recreation Room

675 21st Street, West Vancouver, BC
(parking available)

A complimentary continental breakfast & coffee will be served.

RSVP by March 14, 2017

As seating is limited, please register:
604-926-0856 or
pouneh@northshoreschizophrenia.org



The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Resort Municipality of Whistler; Mayor's Golf Tournament, Seymour Golf and Country Club; Lynn Valley, Ambleside Tiddlycove, Mt. Seymour, and Capilano Lions Clubs; Vancouver Foundation; West Vancouver Community Foundation, Community Foundation of Whistler; North Shore Rotary Clubs; Lynn Valley Legion; Bouygues Building Canada; Fulmer Capital Partners, First Memorial Funeral Services, Margitta's Flowers; and our many other generous donors.

NEWS FROM KATHRYN SEELY, FAMILY NAVIGATOR



We hope that this finds you well and looking forward to spring; it can't come soon enough as far as we are concerned! It is an exciting time for support work at the Family Support Centre. Having come through a transition phase, with an interim support team that helped guide us through this phase, we are ready to move to the next step in terms of building our capacity to provide support and so are seeking volunteers who wish to help us provide support to families.

At present, we provide one to one and crisis support to families. We assist four support groups, have a support protocol in place, have conducted initial support training – and are planning another training session in May - and have completed a synopsis of the support manual. We are very grateful to the interim support team for the help and support that they provided us this past year – we could not have done all of this work without them.

We now look forward to developing a support committee, made up of members who wish to provide support to families. As a family peer support volunteer, you would be helping to provide support to a family member who has a loved one dealing with mental illness. Nothing is quite like the support of others who have faced similar challenges in the past. To have support from a peer is very helpful to families dealing with a mental illness. Families tell us that, through their peers, they learn about other family experiences, they recount what they are dealing with, they exchange notes on how to cope, or just gather strength and comfort from being together with others who understand.

For us, this family peer support role involves listening, walking side by side with a family member and meeting them where they are at. It would not involve providing guidance and direction to families, or helping them stage interventions and police apprehensions to get their loved one in to care. The family peer support volunteer can work hand in hand with the Family Navigator, and it is the Family Navigator that we envision would provide the latter support.

For information on providing support to families, or to volunteer, please contact the Family Support Centre at 604-926-0856, or email Kathryn@northshoreschizophrenia.org

MONTHLY SUPPORT MEETINGS

Come share your questions, concerns, and experiences with family members.

Support group meetings are held each month in:

WEST VANCOUVER, SQUAMISH, WHISTLER, AND TRI-CITIES for family members and close friends of people who have serious mental illnesses. For information, please call 604-926-0856.

FAMILY SUPPORT CENTRE

205 - 1865 Marine Drive
West Vancouver BC V7V 1J7
Open 9 a.m. to 5 p.m.
or by appointment

604-926-0856

www.northshoreschizophrenia.org
info@northshoreschizophrenia.org
Twitter: @NSSoc



10TH ANNUAL CIRCLE OF STRENGTH FUNDRAISER LUNCHEON

Saturday, June 3, 2017, 12-1 p.m.
Hollyburn Country Club, West Vancouver

IF YOU ARE INTERESTED IN HOSTING A TABLE PLEASE
CONTACT THE OFFICE: 604-926-0856



2017 Responsiveness to Families Award: Nominate an Exceptional Healthcare Provider

Have you had an exceptional experience dealing with a psychiatrist, psychiatric nurse, case worker, social worker, or other service provider—someone who listened to you and your family's concerns about your ill relative and included you in treatment and rehabilitation plans?

If so, you might consider nominating this person for the fourth NSSS Responsiveness to Families Award. This award is presented to a healthcare or service provider who has demonstrated outstanding responsiveness to families. **Nominations close May 31, 2017.**

Past winners include Dr. Cindy Holdsworth, Dr. Severy and Dr. Steve Mathius, psychiatrists based in North Vancouver and Vancouver, respectively.

مرکز حمایت از خانواده:

رسالت این مرکز، حمایت و آموزش درباره بیماریهای روانی از جمله اختلالات دو قطبی (بای پولار)، افسردگی، اضطراب و شیزوفرنی (اسکیزوفرنی) می باشد.

مرکز حمایت از خانواده، روزهای دوشنبه تا جمعه از ساعت ۹ صبح تا ۵ بعدظهر آماده ارائه خدمات به فارسی زبانان محترم می باشد.

جهت دریافت کمکهای مشاوره ای با شماره ۶۰۴-۹۲۶-۰۸۵۶ تماس بگیرید و یا به آدرس زیر مراجعه فرمایید:

شماره ۲۰۵- ساختمان ۱۸۶۵ مارین دراگو، وست ونکور