



PATHWAYS

FAMILIES
HELPING
FAMILIES

Serious Mental Illness Society

THE NOTEPAD

March 2019 - Issue 158

PLEASE JOIN US FOR OUR ANNUAL COMPLIMENTARY CIRCLE OF STRENGTH FUNDRAISING LUNCHEON



SATURDAY, APRIL 27, 11:30-1:00PM - HOLLYBURN COUNTRY CLUB, WEST VANCOUVER

By attending this fundraising luncheon, or by hosting a table, you will be helping to raise awareness, and helping to reach Pathways fundraising goals, ensuring the sustainability of the Society.

To Host a Table please contact: Elaina_marie_andrews@hotmail.com or call 778-772-6976

To RSVP your attendance please contact Valeska@pathwayssmi.org or call 604-926-0856.

In this issue of the March 2019 Notepad:

- A message from Pathways Board of Directors.....pg. 2
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Message from the Board of Directors Pathways Serious Mental Illness Society

Greetings ,

It's been a busy start to the new year with Pathways SMIS regional Family-to-Family courses enrolled with more than 70 families in the Tricities, Vancouver, Squamish and North Shore regions. A very special thank you goes out to the eight volunteer teachers currently providing instruction and a special thank you to our education coordinators Cheryl Zipper and Lisa Stringle. We could not provide this extremely important education without these dedicated volunteers. This year we're also pleased to partner with BCSS Nanaimo in providing Family-to-Family.

Our volunteer fundraising committee members also have been working hard organizing Pathways SMIS annual Circle of Strength fundraising luncheon. Donations from this event generates over \$50,000.00 and reflects approximately one quarter of Pathways revenues. Again, we depend on our family volunteers to achieve this goal, requiring 20 volunteer Table Hosts; members such as yourself, to host a table by extending invitations to your friends, family and community. With the support from our amazing volunteer coordinator Elena Andrews, we will also help you fill your table, so don't hesitate in helping to get the word out about this inspiring luncheon. Hosted at Hollyburn Country Club the event serves both as inspiration and education with Keynote Natasha Tracy, an award winning writer, and speaker sharing her lived experience with bipolar disorder for 18 years. Either as a table host or on your own we hope you'll be able to join us for this important luncheon. More details can be found on page 4 of the Notepad.

As you can see we have returned to the original format for the Notepad. We also wish to take this time to apologize to any of our membership as some of you received empty envelopes which should have contained your newsletter! Oops. With changes in staff Pathways has encountered some challenges. Also news, due to unforeseen circumstances Amanda Steele is no longer the Executive Director for Pathways SMI. However, we are fortunate that Nancy Ford has agreed to step out of retirement, returning as Acting Executive Director, until we regroup and recruit a new ED.

It's also time to Mark Your Calendars - Pathways SMIS Annual General Meeting, Wednesday March 26th, 2019, 7:00pm. HOpe Centre, Atrium - 13th and St. Andrews. Please join us as we reflect on the events of 2018 and take the time to acknowledge and celebrate our many dedicated volunteers, with the opportunity to mingle and meet over refreshments. Finally please be sure to renew your membership, forms included and we hope you enjoy this March edition of the Notepad.

From the 2018 Board of Directors: *Janice Lilley - President, Don Pavlovich - Vice President, Gerard Darnel – Treasurer (retired), Shirley Chan - Fundraising Chair, Gillian Santo - Events Chair, Pat Murray - Advocacy Chair, Joe Gormley – Membership, Kim Thomas and Christine Kelly (retired) – Support Chair.*

Annual General Meeting of Pathways Serious Mental Illness Society;

Please join us Wednesday March 27, 2019 7:00pm-9:00pm

HOpe Centre Atrium -13th and St. Andrews

PATHWAYS Serious Mental Illness Society

205 - 1865 Marine Drive, West Vancouver BC V7V 1J7—Open 9:30 a.m. to 4:30 p.m. or by appointment

North Shore/Lower Mainland: 604-926-0856 or call Sea to Sky: 604-390-0100

www.pathwayssmi.org—info@pathwayssmi.org—Facebook: Pathways—Twitter: @Pathwayssmi

PATHWAYS MAY 2019 LECTURE SERIES



The Future of Mental Health

An informal Q&A Panel with guest speakers:

Dr. Apu T. Chakraborty, MA MB BS MRCPsych MSc
PhD, St Paul's Hospital

Dr. Allan Burgmann—Acute Psychiatric Services,
Lions Gate Hospital

- **WEDNESDAY MAY 29, 2019, 7:00PM -8:30PM, HOPE CENTRE ATRIUM—13TH AND ST. ANDREWS**
- **FOR MORE INFORMATION PLEASE CONTACT VALESKA@PATHWAYSSMI.ORG**

PATHWAYS MEMBERSHIP—IS YOURS DUE?

Greetings:

This is a friendly reminder that your **membership** with Pathways Serious Mental Illness Society maybe due.

Membership dues are only \$20 per year.

Virtually every family is touched in some way by mental illness – in fact one in five people have a diagnosable mental health condition. Often families do not know where to turn to get the help for their loved one. Pathways, through its Family Support Centre and its many volunteers, provide personal and ongoing support, education and advocacy for better outcomes. We are families helping families through difficult times and together we work towards a brighter future for all those who are suffering from mental illness.

We are deeply grateful for whatever financial help people can manage and depend on your assistance to continue providing our many programs and services. Pathways is a registered charity (#89422 6935 RR0001) and will issue official receipts for income tax purposes.

You may renew online by going to: <http://pathwayssmi.org/donate/> enter donation amount (the first \$20 will be applied to membership). Alternatively, you may send a cheque to 205 – 1865 Marine Drive, West Vancouver, BC, V7V 1J7. Thank you for your continued support.

PATHWAYS MONTHLY SUPPORT GROUP

- ◆ WEST VANCOUVER: 3rd. Friday afternoon and 3rd. Wed. evening
- ◆ SQUAMISH: 2nd. Thursday evening
- ◆ WHISTLER : 4th. Thursday evenings
- ◆ TRI CITIES: 2nd. Thursday eve.
- ◆ VANCOUVER: last Sat. morning 10:30-noon.



PATHWAYS FAMILIES
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Serious Mental Illness Society



**You are invited to Pathways 11th. Annual Circle of Strength Fundraiser Luncheon
SATURDAY, APRIL 27, 2019 - 11:30AM -1:00PM**

HOLLYBURN COUNTRY CLUB, WEST VANCOUVER

COME AS A GUEST OR HOST A TABLE WITH YOUR FAMILY, FRIENDS AND COMMUNITY

BE SURE TO ARRIVE AT 11:30AM TO VIEW THE SILENT AUCTION ITEMS

PLEASE RSVP WITH VALESKA@PATHWAYSSMI.ORG OR CALL 604-928-0856



We are delighted to announce Keynote Natasha Tracy

Natasha Tracy is an award-winning writer, speaker and consultant from the Pacific Northwest. She has been living with bipolar disorder for 18 years and has written more than 1000 articles on the subject”.

GRATEFULLY ACKNOWLEDGING OUR MAJOR SPONSOR
HONEY DOUGHNUTS AND GOODIES DEEP COVE



OUR VERY GENEROUS TABLE AND GIFT SPONSORS INCLUDE:

