



SCHIZOPHRENIA SOCIETY OF ALBERTA

PROGRAM UPDATES



Your Recovery Journey, for those living with schizophrenia, is based on the experiences of people who have a mental illness and who know there is hope, who are well and doing the things they want with their lives. In these sessions, you will learn how to find peer support and build new life skills. The program is designed for any person with mental illness who would like to find support and explore different aspects of recovery.

Our next Your Recovery Journey Program is scheduled to start on Thursday, January 11, 2024. 1:30-2:30 p.m and runs for 5 consecutive weeks. To register for this program please contact Kimberly Shenton, **403-327-4305** or Kshenton@schizophrenia.ab.ca.

Family Recovery Journey is a program to help educate families and friends of those living with schizophrenia and provide tools for managing the impact of psychosis on their lives.

Our next session starts in January, however it is already full. Registration is now open for the following 5 week session that will start Tuesday, February 13, 2024 at 6:30 pm. If you are interested in registering for this program please contact Tanya Behm, **780-452-4661** or tbehm@schizophrenia.ab.ca.

SSA offers a variety of programs for those living with schizophrenia and for their family members. Check our website - www.schizophrenia.ab.ca for further program information.

MLA BREAKFAST EVENT AND DAY AT THE LEGISLATURE



Wendy Bonertz, Tanya Behm, Rubyann Rice, and Alanna Gemmell



MLA Jackie Lovely, Rubyann Rice, Wendy Bonertz, Vicki Quintero, Minister of Mental Health and Addictions; Dan Williams, and MLA Eric Bouchard



Minister of Health; Adriana LaGrange, Minister of Mental Health and Addictions; Dan Williams, Rubyann Rice, Wendy Bonertz and Parliamentary Secretary for Rural Health; Martin Long

SSA was very pleased to host an MLA breakfast on November 28, in Edmonton. Several MLA's and their staff attended to learn more about SSA and the programs and services we offer to Albertans. A special thank you to Vicki, our Keynote Speaker, for courageously sharing her story, showing how we make a difference in the lives of those living with schizophrenia and their families. And a big thank you to all who attended the event!

Following the breakfast event, SSA's Provincial Executive Director; Rubyann Rice and Provincial Program Director; Wendy Bonertz had the opportunity to go to the Alberta Legislature Building to meet with the Minister of Mental Health and Addictions; Dan Williams, Minister of Health; Adriana LaGrange, and Parliamentary Secretary for Rural Health; Martin Long to advocate for support of our programs. After the meeting they were invited to the gallery for Question Period and introduced to the Legislative Assembly by the Minister for Health and Addictions, Dan Williams.

We appreciate AbbVie's support for graciously sponsoring our breakfast event and the services provided by Global Public Affairs to help coordinate and prepare for the day.

CONGRATULATIONS TO OUR WINTER YES 2 ME SCHOLARSHIP WINNER!



We would like to extend our gratitude to the Alliance of Otsuka and Lundbeck for their ongoing generosity in supporting our Yes 2 Me scholarships. Their continued commitment has allowed the SSA to award many scholarships over the years.

Congratulations to Kellie Koch, for being awarded with a Yes 2 Me Scholarship for the upcoming winter term.

We wish everyone who applied success in their upcoming studies, and encourage eligible candidates to apply for the 2024 fall term. Be sure to watch our website and social media for more information!

Scholarships graciously sponsored by:



HOUSING UPDATES



Robert Warrender, Darcy Mykytyshyn, Rubyann Rice, Lyn Radford, Karim Alhiane and Scott Robinson.

SSA recently had the honour of hosting a tour at our housing programs, Iris Court and Kentwood Place, with the Red Deer Chamber of Commerce – Taskforce on Homelessness.

The Red Deer & District Chamber of Commerce formed this Task Force to complete an environmental scan to better understand the scope of the homelessness situation, before engaging with the broader Red Deer community through a series of community consultations.

Information on the community consultations will be shared publicly in 2024.

Thank you Stollery Foundation!

On behalf of SSA's Iris Court team and tenants, we want to extend our sincere thanks to the Stollery Charitable Foundation for their support!



This enabled us to replace furnishings in the common living areas at Iris Court. The tenants are really excited to see the new furnishings as they arrive.

SEE ME, NOT MY ILLNESS – ANNUAL FUNDRAISING CAMPAIGN



Diana Dowson and Kathy Loveday

Our **See Me, Not My Illness** Annual Fundraising Campaign is happening now!

“...when Diana was 22, she at times lived on the streets. She was down in the dumps. She was a drug addict, an alcoholic, and a heavy smoker. After a forced hospitalization, she learned she had schizophrenia...”

It's 20 years later, and her dear friend is sharing how proud she is of Diana, our courageous face of this year's campaign. Read the full story on [our website](#), about how she faced her challenges and how the SSA was instrumental in her recovery journey.

Our campaign kicked off with a bang this year, thanks to the success of our online timed auction in October. We extend our deepest gratitude to Auction Place Ltd. for their outstanding management, our campaign sponsors, auction item donors, and everyone who participated. We couldn't have done it without you!

Our campaign continues and we appreciate each and every contributor so far.
To date we have raised \$67,081.



If you haven't had the chance to donate yet, it's not too late to help us reach our goal of \$175,000 by December 31, 2023! Donate now by scanning this code:

Give a gift this holiday season, to help sustain our vital peer support, education, supportive employment and housing initiatives for Diana and others like her who bravely face the daily challenges of living with schizophrenia.

Together, let's ensure that everyone in our community is seen for who they are and not defined by their illness.

THANK YOU TO OUR ANNUAL CAMPAIGN SPONSORS:



Auction Place Ltd



FEATURED ARTICLE

Coping with Stress and Anxiety this Holiday Season

The holidays can be wonderful for some, and hard for others. The hustle and bustle can be very stressful and it can trigger difficult feelings. This is especially true for those who may struggle with stress or anxiety, challenging family relationships, or substance use health.

Wellness Together Canada has partnered with Vivek Shraya, Andrian Makhnachov and Jamie Pandit to share their insights and lived experiences when it comes to navigating the challenges of the holidays. **[Source - Wellness Together Canada](#)**

Read the full article at: <https://www.wellnesstogether.ca/en-ca/real-holiday-tales>