

Family Association for Mental Health Everywhere

The Family Advocate Newsletter

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Fall Speaker Series

The FAME Fall Speaker Series returns to Etobicoke starting in October. See inside for details, information and registration.

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A New Website

Have you visited the FAME website as of late? You might notice it looks a whole lot different.

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New Addition to FAME

WE are happy to announce a new Peel fameKids facilitator.

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FAME at the Theatre

DanCap Production will donate a portion of ticket proceeds every time you enter the FAME promotional code to buy tickets for any of their shows.

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simply divas.

Another successful year and many thanks to all those who were a part of simply divas 2011.

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Fall fameKids Program

The fall fameKids 8-week after school program gets underway in



September. Spaces are limited. Pre-registration and Intake is required.

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Brampton and Mississauga FAME Offices Relocate to The Community Door

It's been a long time in coming but FAME has finally relocated both Peel locations in Brampton and in Mississauga into The Community Door. FAME, and the Peel Family Outreach Workers, Frank Logue, Stephanie Kerr, along with our fameKids Coordinator, David Cho, worked together to make sure there was absolutely no interruption in the continuum of care services for our families.

We are very excited about this relocation because The Community Door setting can assist our families with a setting that is far more conducive to a "one stop shopping" set up as there will be many other community based agencies also located at both new Community Door locations.

The address for the new Brampton office is: 7700 Hurontario St. (located between Sir Lou Drive & Ray Lawson Blvd.), Suite 601, Brampton.

The address for the new Mississauga office is: 50 Burnhamthorpe Road W., Suite 300, Mississauga.

Telephone numbers for both offices will remain the same.

Should you have any questions about this relocation then please contact the main FAME office in Etobicoke at (416) 207-5032 and speak with the Executive Director, Christine Cooper.



COMMUNITY door
MEMBER

FAME Annual General Meeting

Tuesday, September 27th, 2011

The Montgomery Inn, 4709 Dundas Street West

(South-East corner of Islington & Dundas - Parking Available)

Business Meeting: 6:30 p.m.

Announcement: Amendments to By-Law No. 1 will be made at this years AGM. For more details go to www.fameforfamilies.com

Keynote Guest Speaker: Danica Brown

Hear Danica's personal and poignant story of hope and recovery from teenage depression as she grew into adulthood.

Light refreshments will be served. Seating is very limited. Please RSVP at 416-207-5032.

Be in the know...

What's going on in our community regarding mental illness.

Fall 2011 Educational Speaker Series



FAME is pleased to announce the return of the Fall 2011 Etobicoke Educational Speaker Series.

October

Date: Thursday, October 20, 2011, 7:00-8:30 P.M.

Topic: Self-Determination, Recovery Strategies & Planning

There will be a discussion of the Wellness Recovery Action Plan (WRAP) and the process which assists individual with lived experience of mental health issues have conversations about a recovery-oriented approach and begin to develop a personal WRAP plan.

Speaker: Fiona Seth, Peer Worker, F.R.E.S.H. Program

November

Date: Tuesday, November 15, 2011, 7:00-8:30 P.M.

Topic: Stress and the Naturopathic Approach

There will be a discussion of how stress affects your health and how naturopathic medicine can help you cope with stress. Techniques to combat stress will also be discussed.

Speaker: Andrea Gri, B.Kinn (Hons), Naturopathic Intern from the Robert Schad Naturopathic Clinic, Canadian College of Naturopathic Medicine

All Educational Speaker Series sessions are located at: **The Fairfield Seniors' Centre**

80 Lothian Avenue, Room 3.

It is free for all attendees.

For more information or to register please contact Mary Jursinic at 416-207-5032 ext. 29.

Together We Can: MHCC 2010/2011 Annual Report



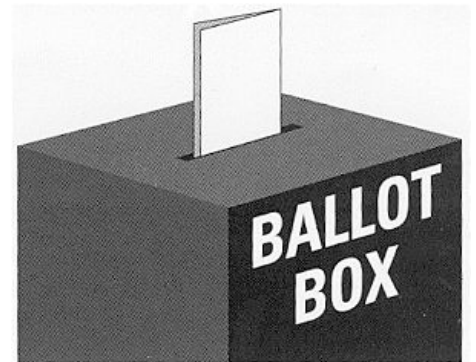
The Mental Health Commission of Canada has just released their 2010/2011 Annual Report entitled 'Together We Can.' The report highlights the partnerships and projects that the Mental Health Commission of Canada has been working on over the past year. The interactive report can be downloaded from www.mentalhealthcommission.ca.

The Commission was founded after the undertaking of Canada's first-ever national study on mental health, mental illness and addictions by the Standing Senate Committee of Social Affairs, Science and Technology. Under the leadership of Senator Michael Kirby, the Committee asserted in their final report the need for a Mental Health Commission. A year later, in March 2007, the Government of Canada announced funding and with support from all the provincial and territorial governments the Mental Health Commission of Canada was born with former Senator, Michael Kirby, as its chair.

The Commission works to promote mental health, partner with stakeholders to change the attitudes surrounding mental health issues and to improve the services and support relating to mental health.

They are requesting feedback on 'Together We Can,' so go have a look at the report for yourself and let the Commission know what you think at info@mentalhealthcommission.ca

Is Health Care on your Election Agenda?



On Thursday, October 6th Ontarians' will once again return to the polls, this time to elect our Provincial government. This election is looking very much like a dogfight with incumbent Premier, Dalton McGuinty and his Liberal team doing battle against Tim Hudak and his Conservative crew. Depending upon where you reside in the province, issues will vary, but without question health care for Ontarians' remains a top priority and a major issue, as it should. Over the past four years we have watched the implementation & restructuring of our health care system into the Local Health Integrated Network (LHINs) model. Mental health was identified as a priority in this restructuring and still remains in the foreground.

With this being the third election over the past year there is definitely a tone of voter fatigue resonating throughout this campaign. Make sure you know who your candidates are. Make sure you ask them where they stand on health care in this province. Don't be afraid to ask tough questions. Be an informed citizen and make the effort to get out and vote during this provincial election. Every single vote in this election will count and that includes yours. Apathy, as they say, is boring. We encourage you to make an effort to get out and exercise your democratic privilege and cast your vote.

Introducing our Brand New Website!

FAME is very proud to present its brand new website. The website went live officially on July 26th to coincide with the opening of DanCap's production "Next to Normal." The new website has a very different look and feel to its predecessor. We very much wanted to have a site that was fresh and friendly, was easy to navigate and would have value to those who access it. The construct of this new site provides FAME with a user friendly content management system that will allow us here at the agency to manage and easily update materials, links, announcements and events.

We would like to thank our board members Barbara Fraser and Sasha Zibreg for their commitment, their time and their hard work in helping make the new FAME website a reality. FAME would also like to give an extra special thanks to Lanaverde for assisting us in developing our concepts and our content and creating it into an incredible website. It is not every day that you get to work with a company that makes realizing a vision such a positive experience.



First Episode Early Intervention Family Support Group

FACTPeel and FAME will begin a seven-week Family Support Group starting Wednesday, September 14th. This support group is specifically for families experiencing first episode and early intervention. For more information contact Stephanie Kerr, Mississauga Family Outreach Worker at 905-276-8316 or by e-mail at stephaniek@fameforfamilies.com



"I recognize that when I am in balance, I possess a level of strength and flexibility that allows me to meet any challenge effortlessly."

- Deepak Chopra

There is a new girl in town!



Safra Farouque is the new addition to FAME, as the Peel fameKids Facilitator working in the Region of Peel. Safra has a Bachelor in Psychology and Humanities from York University, a Diploma in Social Service Work from Sheridan College, and various additional training related to the field.

Safra is committed to providing support and education to children and youth who have relatives with a mental health concern.

Safra has worked and continues to be involved with the HEAL Network, Interim Place, and currently volunteers on the IMPACT – Peel Youth Violence Prevention Network. In her role at FAME., Safra provides one-on-one support and is currently in the process of implementing the fameKids support groups for children and youth who have a family member with a mental health concern.

If you would like to contact Safra she can be reached at 416-206-5032 ext. 25 or by email at safraf@fameforfamilies.com.

New Community Partnerships

FAME is excited to announce our two new partners in the Region of Peel: Punjabi Community Health Services and Peel Children and Youth Initiative. We are thrilled to have the Punjabi Community Health Services (PCHS) as our new partner in bringing forward awareness, education and support to families who are finding it difficult to cope with mental illness. PCHS is a health and social service organization with a primary focus of intervention in the South Asian community and other diverse communities within the Peel Region. For more information on PCHS they can be found on the web at pchs4u.com.



The Peel Children and Youth Initiative brings together a number of community partners that work collaboratively to ensure that all children and youth between the ages of 0-24 in Peel have the opportunity to fulfill their potential. It is an exciting adventure for the fameKids program. More information on the Peel Children and Youth Initiative can be found on the web at peelcyi.com.

We are looking forward to working collaboratively with both of our partners and we would like to thank our new fameKids Facilitator, Safra who has helped establish these important relationships.

Next to Normal

The Tony and Pulitzer prize-winning musical about having a family member with mental illness came to Toronto for a two week run.

A night out at the theatre can be special but this July 26th it was extra special for FAME. Next to Normal, the highly celebrated Broadway musical about a family coping with mental illness was brought to Toronto by DanCap Productions. We were very fortunate to be a part of this event by hosting our own evening at the theatre with our staff and special guest of FAME. A

portion of the ticket sales from that night and any tickets purchased through to the end of the year using the promotional code FAME went to our organization.



From the director of Rent came the story of a family coping with mental illness transformed into a powerful musical that opens the door for the importance of this message to reach out to the audience. The legendary Alice Ripley sang her heart out as a mother struggling with her worsening bi-polar in her Tony Award winning role for Best Performance by a Leading Actress in a Musical. This poignant rock musical was also awarded Tony's for Best Score and Best Orchestration. It was emotional, funny and particularly honest. Overall the performance was outstanding. FAME was extremely proud to be a part of it.

This partnership with DanCap Productions will continue through to the end of this year. Any tickets bought using the promotional code FAME will have a portion donated directly to FAME. Take the opportunity to go see a great show while giving back to FAME at the same time. Up coming productions include **Come Fly Away**, **Memphis**, **The Addams Family** and **American Idiot**. Tickets can be purchased at dancaptickets.com and enter FAME under the promotional code!



"Although I may rock back and forth on the seesaw of life, I return each time to a state of equilibrium."

-Deepak Chopra

simply divas.

It was a simply spectacular.



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Simply put, we could never have done it without a little help from our friends....

FAME would like to thank all our sponsors, friends and volunteers that help make 'simply divas' possible.



The Etobicoke School of the Arts

For the past six years the staff and students at the **Etobicoke School of the Arts (ESA)** have been an integral part of 'simply divas.' Without their hard work there simply would be no show!

FAME has been very fortunate to have made a long lasting friendship with the ESA. We would like to thank **Paul Aikins**, head of the Musical Theatre department, for his ongoing support, direction, and input over the past six years. We look forward to continuing to work with this amazing school of talent. Wait until you see what we have lined up for next year!



Hair, Make-up and Costumes

It can take an entourage to make a diva look just right. Luckily, we had an amazing team of people to help our performers transform. Big props have to be given to our costumer, **Juul Haalmeyer** of Homemade Tarts who has been with us since our first year and continues to dazzle us with dream-worthy getups. **Judy Cooper-Sealy** is an Emmy award winning hair stylist and has generously provided us with her wig services free of charge for the last several years. Last but not least the talented crew from **The School of Makeup Art** has been back stage for the last two years painting our divas to perfection.

Lights, Camera, Action!

The divas would like to thank **Michael Sinyi** of Sinyi Productions for his ongoing support in helping create the 'simply divas' stage magic.



The Fantastic Chefs!

At FAME we love good food. Anyone who has ever attended 'simply divas' knows that the food is one of the highlights. We could not have done it without the amazing direction of the Culinary Coordinator, **Mary Luz Mejia**, of Sizzling Communications. We'd like to thank our chefs and restaurants: **Rossey Earle** of SupiCucu Catering, **Carmine Accogli** of The Big Ragu, **Jose Hadad** of Frida Restaurant and Bar, **Vanessa Yeung & Joanne Lusted** of Aphrodite Cooks, **Pedro Quintanilla** of Bloom Restaurant and **Katherine Ashby** of Cafe du Lac. Their contributions to 'simply divas' were simply delicious.



How Sweet it is!

Every diva loves to have her cake and eat it too! Highlights of this years 'simply divas' included a 5 food high cake designed by **Elizabeth Rumebe** of Amaranto Creations. Other delights included red velvet cupcakes by **Barb Accogli** of Cake Star and passion fruit tarts by **Jose Arato** of Pimenton.

Lovin' Local

A special diva shout out of thanks to our local food sponsors and suppliers who included: **Beretta Organic Farms**, **Stirling Creamery**, **The Healthy Butcher**, **Woolwich Dairy**, **Upper Canada Cheese**, and **Pasquale Brothers**.



Cheers to Diva's!

FAME and 'simply divas' would like to express our appreciation to **Dan and Lynn Sullivan** from **Rosehall Run Vineyards**, from Prince Edward County for their continued support and their generosity.

We would like to thank **Diamond Estates Wine and Spirits Ltd.** for their support of the Divatini bar this year. The Divatinis were a huge hit again. **Pama Liqueur** and **Hipnotique** were the feature liquors in The Brazen Hussy, Femme Petal and Lady Sings the Blues.



Monthly Support Groups

Scarborough

The Scarborough Hospital
Support Group
Last Thursday of the month
7:00-9:00 p.m.
3030 Birchmount Road,
(2nd block north of Finch Ave)
3rd Floor
Mental Health Group Room

Rouge Valley Health System
Support Group
Fourth Monday of the Month
7:00-9:00 p.m.
2867 Ellesmere Rd.,
6th floor.
Parking is validated

North York

North York Family Support Group
Fourth Monday of the month
7:00-9:00 p.m.
St. Norbert Church,
100 Regent Road, Hall Entrance
(North of Wilson, East Side of
Ancaster Road)

Etobicoke-West Toronto

Etobicoke Family Support Group
Second Monday of the month
7:00-9:00 p.m.
4214 Dundas St. W.,
Suite 212

Mississauga

Mississauga Family Support
Group
Third Monday of the month
7:00-9:00 p.m.
50 Burnhamthorpe Rd. W., #300

Brampton

Brampton Family Support Group
Fourth Monday of the month
7:00-9:00 pm
7700 Hurontario St., Suite 601

Bolton

Bolton Family Support Group
Fourth Monday of the month
7:00-9:00 p.m.
150 Queen St. South,
Caledon Parent Child Centre

Dual Diagnosis Program

Bolton Family Support Group
Fourth Monday of the month
7:00-9:00 p.m.
150 Queen St. South,
Caledon Parent Child Centre

fameKids

fameKids



...because kids are amazing

An 8-week specialized program for children aged 7-12 who have a family member with mental illness. We help kids to:

- Identify and express feelings in a safe environment.
- Explore healthy coping strategies.
- Gain accurate knowledge about mental illness.
- Develop personal support networks.
- Promote resilience
- Develop an operational action plan.

fameKids is pleased to offer one-on-one support

For more information and to register please contact David at 416-207-5032 ext. 26 or Safra at 416-207-5032 ext. 25

Fall fameKids groups will be held in both Toronto and Peel Region beginning in September.

Pre-registration is required

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paulo@fameforfamilies.com

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