

Fall-Winter 2022 Newsletter



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
 SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
 UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.



Opening Message

**Contact Us: call: 1-877-584-2620
 email: info@schizophrenia.sk.ca**

Fall and winter are usually busy seasons for most people, and that's no different for us here at the Schizophrenia Society of Saskatchewan! Follow along as we share with you what we've been up to and our upcoming events. As you can also see, we are trying out a changed Newsletter format, let us know what you think! We'd like to wish everyone a peaceful holiday season, and we look forward to all that is to come in 2023.

Champions For Mental Health

On October 15th, 2022 we were thrilled to be able to gather again for our Champions fundraising gala and auctions. Thank you to everyone in attendance, dignitaries, our auction donors, volunteers, sponsors, and of course our fantastic guest speaker Craig Heisinger.

Due to your generous support we were able to raise over \$80,000. These are much needed funds that help us to provide programs and support all across Saskatchewan. We are so thankful!

We are already looking ahead to our next Champions event, which will be held on Oct 14th, 2023. Our keynote speaker will be Mitch Bourbonniere, a founding member of the Bear Clan Patrol. Please see additional details attached at the end of the newsletter.



We wish to express an extra special thanks to all of our wonderful Sponsors!



DR. JAMIE ENG

DR. KEN & MRS. HARRISON



DR. DHANAPAL NATARAJAN

DR. OLADAPO SOYEMI

DR. SENTHIL DAMODHARAN





Upcoming Events

You are invited! Connect with us at our Open House celebration in Regina, on December 22nd from 1:30-3:30pm! Snacks & beverages will be provided, with lots of great conversation. We hope to see you there!



The Saskatoon Partnership Program - Christmas luncheon will be taking place on Thursday, December 15th. We will be gathering to celebrate the season and our accomplishments for 2022. This event is by invitation only.

Programs & Support

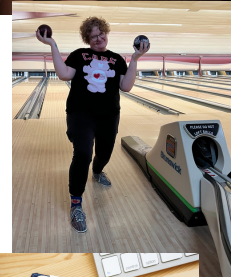
Family Support Group - Join us on the second Tuesday of each month from 7-8pm, via zoom! Our next meeting is on December 13th, and is available for folks residing anywhere in Saskatchewan. If you'd like to be added to the email list please contact Heidi or Maria.

Family Recovery Journey- Both Heidi and Maria have completed a recent course of Family Recovery Journey and new dates for 2023 will be available soon, This will be posted to our website and social media when we have our dates finalized. Contact us for more information or to be placed on a waiting list.

Your Recovery Journey with WRAP - Maria's next offering of YRJ with WRAP, will take place during Jan 13th - Feb 13th, via zoom from 6:30-9:00pm. Please contact Maria to register.

Regina Peer Support Group - This group takes place on the first Wednesday of every month from 6:30-8:30pm, in-person, located at our Regina office. Registration is not required.

Saskatoon Rec Group - This group keeps itself very busy with a variety of fun activities! Our weekly coffee group is going strong, we are slowly improving our bowling skills, and enjoy other bonus events. To sign up contact Heidi.



Maria (Regina) Maria@schizophrenia.sk.ca - 306-584-0755
Heidi (Saskatoon) Heidi@schizophrenia.sk.ca - 306-374-2224

Follow Our Social Media

Did you know that that by simply liking, commenting, or sharing our social media posts- that you can help us to reach a wider audience? It's true! This is important because more people will hear about our programs, assist us with fundraising, and receive support! All while increasing awareness and reducing stigma! We challenge you to follow our pages and when you see our posts please: like, comment, and share! It means a lot!



We can be found on
Facebook as Schizophrenia
Society of Saskatchewan,
on Instagram as
[@Schizophreniasocietyofsask](https://www.instagram.com/Schizophreniasocietyofsask),
& on Twitter as [@SZSask](https://twitter.com/SZSask)

Partnership Program.

Our Partnership Program has had a very busy year, and we are excited to have returned to in-person presentations! We continue to be available for virtually, as needed.



To book a Partnership Program Presentation, contact:
-Saskatoon area (Curtis) at Curtis@schizophrenia.sk.ca
-Regina area (Sean) at Sean@schizophrenia.sk.ca
-Rural and Northern (David) at David@schizophrenia.sk.ca

Congratulations and Welcome!

We wish to congratulate our executive assistant, Claire, on the arrival of her new healthy baby boy. Both mother and baby are doing well! Congratulations!

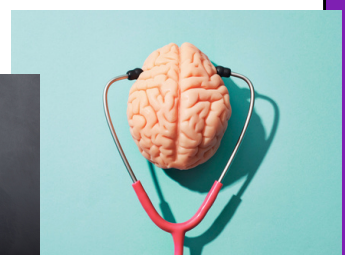
We are pleased to welcome to Keely, into her new role as our interim executive assistant. Keely was our Canada summer jobs student, and we feel fortunate that she is able to continue working with us. Welcome!

Resident Psychiatrist.

We wish to offer our sincere thanks to Dr. Brittany Vanverlot - who has been our resident psychiatrist for the 2022 fall season. We have greatly appreciated your time and expertise.

We will announce our resident psychiatrist for the 2023 winter season, as soon as this information is available to us. Keep an eye on our social media and website where we will post all the details.

If you wish to book an in person or telephone appointment please contact our main office toll free at: 1-877-584-2620 or email info@schizophrenia.sk.ca



INFORMATION



40th Anniversary

Follow along on our social media for **Flashback Friday!** We are posting a variety of interesting photo's to celebrate our 40 year history!



Have a photo you'd like to share?
Email it to Heidi@schizophrenia.sk.ca -
along with a 1-2 sentence description.

Donations

Have you recently become \$500 richer, and would like to put all or some of that money to good use? You can help us with a donation!

Your contributions allow us to provide much needed programs and support all across Saskatchewan! Reach out to us to make arrangements, and don't forget we can offer income tax receipts for donations over \$20. Thank-you!

DONATE





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Save the Date: Saturday October 14, 2023 *Dinner and Auctions*

Delta Hotels by Marriott Regina

Champions for Mental Health – Mitch Bourbonniere

Bear Clan Patrol founding member, inspires others to find their voices



Reception 5:00PM • Dinner 6:00PM

Tickets: \$150 per person

Corporate Table of 8: \$1500

Tickets Available August 15th, 2023

For more information: Email: info@schizophrenia.sk.ca