

Fall 2023

# Newsletter

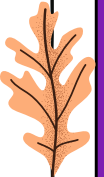


A REASON TO HOPE. THE MEANS TO COPE.  
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN  
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

## Opening Message

**Contact Us: call: 1-877-584-2620  
email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)**

We will soon see the colors of fall, and as the trees take on new hues, it can be a reminder that change is a natural part of life. Here at the Schizophrenia Society of Saskatchewan, we are also going through a season of change and we are excited to see where this leads us! Keep reading to learn about these changes as well as many exciting upcoming events - we have a lot to share with you!



## Thank You to Dan Sherven

With a combination of happiness for him and sadness for us, we share that Dan Sherven has resigned from his role as Executive Director as of June 30th, 2023.

In Dan's five years as director, he has done an outstanding job leading the staff and provided much hope to those we serve. We are also thankful for his additional leadership during the Covid-19 pandemic. Dan will remain with the Society in a part-time position for one year as the Executive Director Consultant and Fundraiser. Thank you for everything Dan!



## New Executive Director

It is with great happiness that we welcome Sean Barschel into his new role as Executive Director!

Sean has held many positions with the Society over the past five years including the Rural and Regina Partnership Coordinator, and most recently the Associate Executive Director. We look forward to seeing what Sean will do for the Society.

## Welcome to Jesse

Join us in welcoming Jesse Scobie into his new position as the Regina Partnership Coordinator! Jesse comes to us as a Registered Social Worker with a Bachelor of Arts in Sociology. His professional experience includes working in family reunification as well as child protection. He enjoys spending time with family, cycling, playing music, and is looking forward to this new experience with the Schizophrenia Society. We are so happy to have you join our team!



# Welcome to our New Board Member

We are pleased to welcome Matthew Schmeling to the 2022-2023 SSS board. Matthew has an engineering degree from the University of Regina and worked as an engineer for several years. In 2011, he attended law school and obtained a law degree from the University of Saskatchewan-College of Law.

Matthew joined the Saskatchewan law firm McDougall Gauley LLP in 2015 and became a partner in 2022. He has experience assisting clients who have dealt with a variety of mental illnesses. Matthew is in tune with the challenges that can arise in the course of steering and managing an organization and believes his practical knowledge and judgment will serve the SSS board well.

# Resident Psychiatrist

We are happy to welcome our new Resident Psychiatrist, Dr. Mackenzie Wekerle, who will be starting in October and be with us until December. Appointments are available on select Monday mornings, if you wish to book an in person or telephone appointment contact our main office toll free at: 1-877-584-2620 or email [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)

# 2022-2023 AGM

On June 13th, 2023, a variety of members, board, and staff gathered for the Schizophrenia Society of Saskatchewan's annual general meeting (AGM) for the 2022-2023 year. We enjoyed having the opportunity to meet in person, to reflect on this year's accomplishments, and discuss our future goals. We also handed out awards and offered our thanks to Dan for his time in leadership.

Thank you to everyone for your attendance and support! If you would like to read our annual report it can be found on our website by clicking About Us then scrolling to the appropriate link.



# Partnership Luncheon - Saskatoon



On June 21st in Saskatoon, we gathered for a luncheon to present our Partnership Program Awards. In attendance was our current Partnership Program Members, some special guests and founding members.

A huge congratulations and thank you is extended to Curtis Harmen who has reached the amazing milestone of 25 years of connection to the Partnership Program. The work you do and the dedication you have to your role is amazing!

We also wish to extend another thank you to Gloria Goodman who has dedicated 20 years to the Partnership Program! You are an amazing asset to the team!



## Partnership BBQ - Regina

On June 23rd the Regina Partnership Program gathered in Wascana Park for a BBQ to celebrate the accomplishments of our Regina Team.

Congratulations to Mark Ramnarine for reaching 15 years with the program, Shaun Schiller and Laura Staudt reaching 10 years, and Paula Poirier, Cara Hull, and our own David Field all reaching 5 years.



## Upcoming Events

**Singing with the Stars for Mental Health** - This exciting fundraiser taking place in Saskatoon on Sept 20th. Join us for this fun evening of lighthearted competition and great food. Tickets are on sale at TCU Place. You can also visit [www.singingwiththestars.ca](http://www.singingwiththestars.ca) for additional details!

**Champions for Mental Health** - Our annual fundraiser gala and silent auctions is happening in Regina on Oct 14th. We are excited to welcome our keynote speaker Mitch Bourbonniere! Tickets go on sale August 15th, and can be purchased by contacting our office.

Contact our office at [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca) for assistance, and for additional information on both events please see our posters at the end of the newsletter.

## Programs & Support

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

**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, contact Maria for information.

**Saskatoon Rec Group** - Our weekly coffee group meets on Thursdays from 2:00-3:00 at the Hunger Cure., We also engage in a variety of other activities such as bowling and special events.. To sign up or for more information contact Heidi.

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





# Partnership Program.



Over the summer our presentations tend to slow down and so we are excited to jump into a new school year! If you or someone you know is interested in booking a presentation or would like more information about our Partnership Program be sure to contact one of the coordinators listed below! We look forward to seeing you!



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

With Zoom presentations we can reach anyone anywhere!

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## Resource Spotlight

[www.cannabisandpsychosis.ca](http://www.cannabisandpsychosis.ca)



Cannabis & Psychosis is a youth focused project of the Schizophrenia Society of Canada that aims to provide information around the use of cannabis and the potential impacts on mental health, specifically regarding psychosis. This website offers a wide variety of resources including a Q&A section, harm reduction tips, an informational video series, blog posts, and more.

An additional resource can be accessed by visiting: [www.cannabisandmentalhealth.ca](http://www.cannabisandmentalhealth.ca)  
This website has a lot of information and resources which includes a free online course.





# SINGING

WITH THE

# STARS

FOR MENTAL HEALTH



Amanda Hegel



Jay Semko



Alex Runions



Martin Janovsky



Grant Currie



Laura Buckwold



# GET YOUR TICKETS

20 SEPT 2023

TCU PLACE - GRAND SALON

5:00 PM – DOORS OPEN (COCKTAILS & APPETIZERS)

6:00 PM – WELCOME – PROGRAM STARTS

6:30 PM – 3 COURSE MEAL

8:00 – SHOWTIME

**\$250/TICKET**

INCLUDES TAXES AND SERVICE FEES

CHARITABLE TAX RECEIPT FOR PORTION OF TICKET PRICE



Don Atchison



Colleen Wilson



Kelsi Kendal



Christine Marie



Connor Hobbs



John Gormley



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# CHAMPIONS FOR MENTAL HEALTH



## SAVE THE DATE

October 14th, 2023

Delta Hotels by Marriott Regina

Champions for Mental Health –  
**Mitch Bourbonniere**

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

5:00pm Appetizers  
6:00pm Welcome & Dinner  
8:00pm Keynote Speaker



## Tickets Available August 15th, 2023

For more information: Email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)