

# Winter 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 hope that this new year has been kind to you so far and that you are doing well as we begin to enter into Spring. As always- we are here ready with a variety of programs and information, be sure to contact us if you require additional details or would like to register for a group.

## Welcome

We are excited to share that Ice Marshall has joined us as a Peer Support Worker at our Regina office.

Ice has been very busy throughout Jan. & Feb. completing the Peer Support Training course, and now joins Maria as they accept appointments. Contact our office to set something up or for more information by calling 1-800-584-2620 or [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)



## Resident Psychiatrist

Thank you to Dr. Kang our resident psychiatrist for the 2023 winter season. We are appreciative of the support provided! Please join us in welcoming Dr. Armin Moradi who will be joining us in April. We look forward to having you on the team!

The doctors are available on select Monday mornings. Please take note that the resident psychiatrist does not prescribe medication or diagnose in this role. 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)



## Board Member

We are happy to have Joan Baylis rejoin our board. Joan is a family member who previously served as Treasurer of the SSS board. Joan has also served as an outstanding member of the Champions of Mental Health Dinner and Auctions for the past several years. Welcome Back Joan!



# Queen's Jubilee Award

Congratulations to Bruce McKee who was awarded the Queen Elizabeth II's Platinum Jubilee Medal for his outstanding long-term work in mental health. Bruce was one of the founding members of the provincial Society, and has served on our board in the role of President. Bruce is presently serving as a Board Member and chair of the advocacy committee.



# Upcoming Events

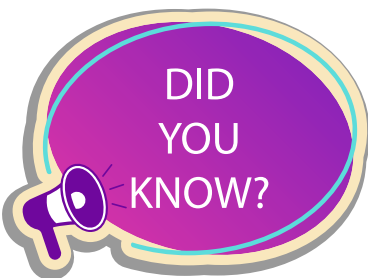
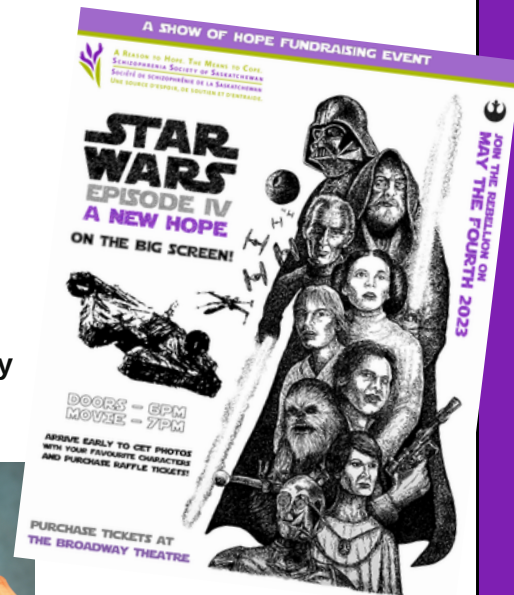
## May the 4th, Saskatoon Star Wars Fundraiser!

*In a galaxy not that far away...* we are holding an exciting Fundraiser on May the 4th (be with you) at the **Broadway Theatre** in Saskatoon. Where as you've already gathered we will be viewing *Star Wars: A New Hope*.

The movie starts at 7pm, but you'll want to get there early! That's because starting at 6pm you'll have a chance to take photos and interact with costumed Star Wars characters AND enter to win our awesome Star Wars gift raffle.

Tickets to the event are \$15.00. Tickets are available for purchase directly from the **Broadway Theater!** Buy early so you don't miss out!

Have a *Star Wars* related item you'd like to donate to the raffle? Contact [heidi@schizophrenia.sk.ca](mailto:heidi@schizophrenia.sk.ca)



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.

# Programs & Support

**Family Support Group** - Join us on the second Tuesday of each month from 7-8pm, via zoom! Our next meeting is on April 11th, 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**- Maria's latest offering of FRJ started on March 6th, with Heidi's next class to begin soon. Please check our website or social media for final dates or contact us for more information or to be placed on a waiting list.



**Your Recovery Journey with WRAP** - Maria recently completed an offering of this course which wrapped up on Feb 13th, Please contact Maria to inquire about future dates.



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

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## Partnership Program.

Our Partnership Program is as busy as always, with many more presentations booked in the near future. We are always recruiting new speakers and audiences, so please do reach out if you are interested! Presentations are available in person and online.



**To book a Partnership Program Presentation, contact:**  
**-Saskatoon area (Curtis) at [Curtis@schizophrenia.sk.ca](mailto:Curtis@schizophrenia.sk.ca)**  
**-Regina area (Sean) at [Sean@schizophrenia.sk.ca](mailto:Sean@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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We are working on our communications strategy in order to widen our reach, this has included new ads on Facebook and Google. If you see one, be sure to interact with it!

Did you know that that by simply liking, commenting, or sharing our social media posts- that you can help us to reach a new audience? 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)**





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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](mailto:info@schizophrenia.sk.ca)