

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.

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

Opening Message

It's been a whirlwind of activity for us lately, with two highly successful fundraisers, the addition of a new team member, the commencement of groups, and much more! Keep reading to stay up-to-date on our recent and upcoming events! We'd also like to take this opportunity to extend our warmest wishes for the holiday season, and a safe and healthy 2024!



Singing with The Stars for Mental Health

Our new fundraiser, Singing with The Stars for Mental Health, took place at TCU Place in Saskatoon, on September 20th, 2023. It was a wonderful evening that included 6 outstanding singing duos, an art auction, a delicious meal, and so much more. Congratulations to the contest winners of the night: Laura and Kelsi, who won the People's Choice award, and Christine and Martin, who received the Judges' Choice award!



On November 7th, we hosted a small gathering to commemorate the incredible triumph of our Singing with the Stars fundraiser. During the event, we announced the total amount of funds raised and unveiled the date for next year! We are thrilled to share that \$118,000 was raised!

We express our heartfelt gratitude to all who contributed to making the evening a memorable occasion and such a wonderful success.

Save the date for next year's Singing with The Stars, Oct 9th 2024!





Champions for Mental Health

On October 14th, 2023 we were thrilled to be able to gather again for our Champions fundraising gala and auctions. We enjoyed wonderful food, exciting live and silent auctions, and of course enjoyed listening to our wonderful speaker, Mitch Bourbonniere. Thank you to everyone in attendance, dignitaries, our auction donors, volunteers, sponsors, and of course our guest speaker!

Due to your generous support we were able to raise over \$60,000. 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! Stay tuned for the date announcement coming soon!



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



**Dr. Ken &
Mrs. Harrison**

**Clozapine
Clinic**

**Dr. Jamie
Eng**

Yifu Hou

Blair Ross



Welcome to Austin

Join us in welcoming Austin into his new position as the Regina Partnership Coordinator! Austin comes to us as a University of Regina graduate in Psychology with Honours, and an Early Childhood Education certificate holder from SaskPoly Tech.

He enjoys time with family and friends, lifting weights, basketball, and his dog. He has a passion for mental health, education, and community development. This has led him to the Schizophrenia Society, eager to contribute and expand his impact and knowledge.

We look forward to getting to know you Austin!

Welcome to Tasheena

We also welcome our first Saskatchewan Indian Institute of Technology (SIIT) practicum student Tasheena. Tasheena is joining us from SIIT as part of her mental health and wellness course. She will be helping out all around the office in a variety of our programs including the Regina Partnership Program, Your Recovery Journey course, and more. Welcome Tasheena!

Resident Psychiatrist

We are happy to welcome our new Resident Psychiatrist, Dr. Mackenzie Wekerle, who started in November. Appointments are available on select Monday mornings at 9:30, 10:30, and 11:30am. 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



Our Meet the Resident Psychiatrist program offers a unique opportunity to speak with a psychiatry student in their final years of study. It is important to note that they cannot prescribe medication in this role, but they are available for your questions! Some potential topics to discuss could include resources, symptoms, side-effects, coping strategies, and much more!

Upcoming Events

You are invited! Come and connect with us at our Open House celebration located at our provincial office in Regina, on December 21st from 2:00-3:00pm! 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 Friday, December 8th. We will be gathering to celebrate the season and our accomplishments for 2023. 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 Dec 12th, 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 - 306-584-0755
Heidi (Saskatoon) Heidi@schizophrenia.sk.ca - 306-374-2224



Partnership Program.

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
-Regina area (Austin) at Austin@schizophrenia.sk.ca
-Rural and Northern (David) at David@schizophrenia.sk.ca

With Zoom presentations we can reach anyone anywhere!