

Winter 2024

# 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'ENTRAÏDE.

## Opening Message

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

Welcome to 2024, everyone! We are thrilled to be a part of your journey this year. Just like the winter weather, we have been keeping busy with a flurry of activities. Exciting things are taking place alongside our usual routines. Keep reading to stay informed on all the latest updates!

## Upcoming Events

### Show of Hope Fundraiser

May the 2nd annual Show of Hope Fundraiser be with you! Join us on May 2nd for a showing of Star Wars: The Empire Strikes Back at Saskatoon's Broadway Theatre. Arrive early to get your photo with costumed characters and purchase raffle tickets! The fun starts at 6:00 and the movie begins at 7:00! Purchase your tickets at the Broadway Theatre Box office or on their website, <https://broadwaytheatre.ca/>

Special thank you to our event sponsor The Linden Medical Centre.



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## Serb Steak Night

2775 Avonhurst Drive Regina, SK

Thursday May 23rd, 2024

Happy Hour & Silent Auction Viewing - 5:00pm  
Dinner - 6:00pm  
Vegetarian or chicken option also available

Celebrating World Schizophrenia Day!

Tickets: \$30

Tickets can be purchased at:

- 1311 Saskatchewan Drive
- Phone: 306-584-2620 or
- Call Mike Gardiner: 306-551-3534
- Email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)

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AUCTION

### Steak Fundraiser

Join us on Thursday May 23rd, 2024 at the Serb Club for our Steak Fundraiser! The event kicks off at 5:00pm for Happy Hour and Silent Auction Viewing, with dinner beginning at 6:00pm.

Tickets are \$30 and can be purchased through our office or contacting Mike as indicated on the poster.

# Annual General Meeting

The Board of the Schizophrenia Society of Saskatchewan is pleased to invite you to the SSS Annual General Meeting. The AGM will commence at 10:30 am on Tuesday June 11th, 2024 at the Serb Club in Regina.

Please note it is important for MEMBERS to attend this meeting or provide their PROXY (assign your vote) if unable to attend. **All participants will be required to register by May 20th, 2024.**

To register: Please email [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca). The agenda with supporting documents for the meeting will be forwarded to you prior to the meeting. If you prefer to register by phone, call 1 800 584 2620 and leave your name and number.



## Singing with The Stars



**Save the date for our 2nd annual Singing with The Stars Fundraiser on Oct 9th 2024! Tickets go on sale May 1st at TCU Place, and you don't want to miss out!**

**Join us for this wonderful evening that includes a friendly singing contest with local celebrities and musicians, an art auction, an amazing meal and much more!**



## Become A Member

For only \$20.00, you can purchase or renew a membership! Contact our office to make arrangements.

# Recent Events

**Saskatoon Partnership Program** - On December 8th, we hosted a luncheon to mark the holiday season and recognize the efforts of our speakers. Our current Partnership Program Members, along with special guests and founding members, were all in attendance.

Additionally, we had the privilege of presenting Laura Buckwold with the Rays of Hope Award for her exceptional commitment to the Singing with the Stars Fundraiser.



Partnership Speakers and special guests.



Sean Barschel presenting Laura Buckwold with the Rays of Hope Award.

**Regina Open House** - We came together on December 21st for our Open House event in Regina. It was a wonderful opportunity to get together, visit, and enjoy some delightful snacks. Thank you to everyone who joined us!



## ASIST Training



**ASIST**

We are now able to offer, ASIST (Applied Suicide Intervention Skills Training), a 2-day workshop created by Livingworks. This became possible thanks to funding provided by the Government of Saskatchewan, to cover the cost of training our staff.

The inaugural session took place in Saskatoon on March 16-17th. Thanks to the generous support from the Singing With The Stars event, this training was made available to the public at an accessible price. Keep an eye on our social media and website for future workshops that are coming soon!

# 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 9th, 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



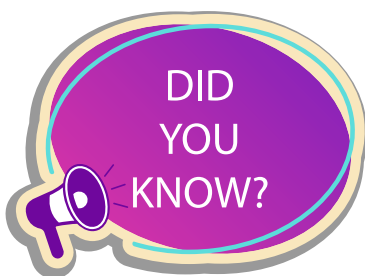
## Partnership Program.

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 (Austin) at [Austin@schizophrenia.sk.ca](mailto:Austin@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!**



**Canada now has a National  
Suicide Helpline!  
Dial 988 for support!**



# SINGING

WITH THE

# STARS

FOR MENTAL HEALTH



## GET YOUR TICKETS

**09 OCT 2024**

**TCU PLACE - BANQUET HALL**

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

6:00 PM – WELCOME – PROGRAM STARTS

6:30 PM – 3 COURSE MEAL

8:00 – SHOWTIME

**\$250/TICKET**

CHARITABLE TAX RECEIPT FOR PORTION OF TICKET PRICE



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**THE STAR WARS SAGA CONTINUES**



STAR WARS  
**THE EMPIRE STRIKES BACK**  
WARS.

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**THE LINDEN**  
MEDICAL CENTRE

 **A REASON TO HOPE. THE MEANS TO COPE.**  
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN

**A SHOW OF HOPE FUNDRAISER**

**MAY 2ND, 2024**  
**DOORS: 6:00PM • MOVIE: 7:00PM**

**THE BROADWAY THEATRE**

ARRIVE EARLY TO GET PHOTOS WITH YOUR FAVOURITE CHARACTERS & PURCHASE RAFFLE TICKETS!



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The  
**Serbs**  
club

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**Celebrating World  
Schizophrenia Day!**



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