The Sensitive Scoop

Consumer Newsletter

For *any* Woman living with Mental Illness

Issue 64, July August 2010

Editor: Jo-Ann Paley

The Sensitive Scoop is now available on the MSS Website at www.mss.mb.ca

Schizophrenia Society of Canada and the Schizophrenia Society of Newfoundland Present

A Conference on July 26th, 27th and 28th at St. John's Delta Hotel, St. John's, NFLD.

For hotel info: 1-888-793-3582

Social Inclusion:

Well Beyond Recovery

Key Note Speakers:

Neasa Martin • Dr. Pam Forsythe • Dr. Atwood

Rates:

Family Member/Consumer $75.00
Student: $100.00
Service Provider: $150.00

Family Member/Consumer Day-July 26th, from 8:30-4:30. Cost: Free

Registration information

Workshop Themes:

- Suicide
- Self Stigma
- Consumer issues
- Housing Issues
- The DJ's Choice: Treatment Adherence
- Deportation Policy of People with Schizophrenia
- Cannabis and Psychosis
- From Recovery to Discovery

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EXPLORING ACTING SKILLS WITH "THE COMPANY"

By Jane Burpee

"The Company" is a small group of people who have a great interest in theatre, the arts and creativity. This is a place where people can explore drama in a safe, trusting and respectful place. Creativity includes physical, intellectual, emotional and spiritual elements, and can also enhance confidence, clarity of communication, self-expression and self worth. "The Company" has presented five different performances over the last four years, which have evolved from collaboration within the group. The focus is not on illness but on the creative process. Some of the work performed has been written by a company member, and has also involved movement. Monologues from Classic writers, was the content of the most recent show, which was performed on May 28/10. Friendship and sharing are key components of the program, and I have had the good fortune to be able to see people grow in ability and branch out to other creativity in their lives."

2010 SCHIZOPHRENIA SOCIETY OF CANADA PRESENTS AN AWARD TO THE "HEARING VOICES THAT ARE DISTRESSING" PROGRAM

The Awards Selection Committee is pleased to announce that this year's recipient of the **2010 Schizophrenia Society of Canada Initiatives/Programs of Excellence Award** is the "Hearing Voices That Are Distressing" Program. The Manitoba Schizophrenia Society will be honoured at the Awards Banquet in St. John's, Newfoundland on July 27, 2010.

"Hearing Voices That Are Distressing" is a program run by of the Manitoba Schizophrenia Society. Over 500 workshops have been presented to over 9,000 service providers, students, etc.

Jane Burpee, Public Education Coordinator, MSS Outreach Workers, staff members and volunteers, deliver this Program and all deserve recognition, thanks and congratulations for this valuable resource that they are providing.

ANNOUNCEMENTS

Family Support Group

For families and friends of those experiencing schizophrenia, schizoaffective disorder, and psychosis.

Family Support Groups being offered by the Manitoba Schizophrenia Society 4 Fort Street in Winnipeg, fourth Tuesday of every month. Time: 7:00 p.m. to 9:00 p.m. in Room A at FACES.

2010 Family Support Schedule

July 27
Aug 24
Sept 28
Oct 26
Nov 23
Dec 28

For information contact 204-786-1616 or info@mss.mb.ca

September 23, 2010 - Footsteps V Book Release - FACES Multi Purpose Room - 3:00 pm - 5:00 pm

Watch for more information on a Fundraiser for the Women's Program to be held on October 7, 2010.

I'm the editor of CrossCurrents (www.camhcrosscurrents.net), a Canadian mental health and addiction magazine. For our theme issue about chronic physical disease and mental illness, we're developing a story about how psychiatric hospitals and other inpatient environments are bad for people's physical health because they do not provide healthy food or give people much opportunity to exercise or be active. If you have been an inpatient, I would like to hear from you about your experience. Your comments will remain anonymous.

I'd like to know:

1. Do you think inpatient psychiatric hospitals are bad for your physical health? How?
2. What can psychiatric hospitals do to better care for the physical health of inpatients?

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Women's Program Schedule

July August 2010

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outings. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.

July

July 8	**Writer's Group – at MSS (4 Fort Street)** – If you have some poems or stories you would like to share with the group please bring them along to get positive feedback. We will then do some short and fun writing exercises.
July 15th	**Outing at The Forks –** Walk to the Forks
July 22nd	**Sharing and Planning -** This is your chance to give suggestions for future programming.
July 29	**Picnic in Kildonan Park and/or swimming –** Please call to confirm your attendance and for bus schedule. Bus number 18 North Main Riverbend.

August

Aug 5	**Writer's Group**
Aug 12	**Arts and Crafts –** Make something nice to take home.
Aug 19	**BBQ in the Park – BBQ in Bonnie Castle Park – Rain Date Aug 26. Please call to confirm your attendance at 786-1616.**
Aug 26	**IMAX – Please call to confirm your attendance. Cost involved.**

Mental Illness Awareness Week, October 3 – October 9, 2010

Funded by:

A Reason to Hope. The Means to Cope.
Manitoba Schizophrenia Society
Société manitobaine de la schizophrénie
une source d'espoir, de soutien et d'entraide