



# THE SHARING TREE

*For men and women living with mental illness*

**“Recovery is the awakening of hopes and dreams. The recovery process involves gaining the knowledge to reclaim one’s power and achieve one’s desires by learning to make choices that bring strength rather than harm. Recovery involves living a meaningful life with the capacity to love and be loved.”-Telecare Corp**

**Issue 3, November December 2011**

**Editor: Jo-Ann Paley**

*The New Newsletter is available on the MSS Website at [www.mss.mb.ca](http://www.mss.mb.ca)*

## **A Reason to Hope, the Means to Cope**

This newsletter issue is a selection of people participating in two different picture taking experiences from the Manitoba Schizophrenia Society’s two peer support groups. Wednesday’s Peer Support Group took environmental pictures of the scenery outside and around the MSS office. The Women’s Group, on the other hand, had their annual Halloween party, and were subjects of Van, the photographer, while they had fun with games and good eats, etcetera.

We will begin with Romero, a member of Wednesday’s Peer Support Group.



The River Walk



Romero



Some group members

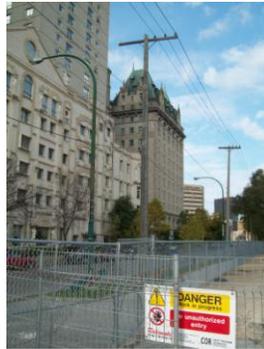
Romero agreed to be interviewed and when asked what he thought about taking pictures he made the following comments and observations. “It was pleasant scenery and the weather was nice. All the people seemed to like being down by the river. The park is beautiful with flowers and trees. The water is relaxing to watch as it flows by. It has a pond type of look. It seemed like being at the lake.”

Romero concluded his interview mentioning Claude, another member of the Peer Support Group that inspired him. Romero said “I like the other group members. Claude is very smart and very kind. He is always approachable and unpredictable. I mean that in a good way. It makes me happy listening to him and other people. They are a positive influence. It is encouraging being part of the group.”

Claude (pictured below) was fascinated by the machine demolishing the Granite Curling Club on Fort Street, the site of which will soon become part of the historic Upper Fort Garry heritage park location.



Pictured below is Dave. Dave and Claude shared a camera. One of the pictures he took is the front view on Fort Street where the MSS and FACES offices are located.



This is a picture of Veselin at the MSS office for the Peer Support Program.

Veselin came to Canada 21 years ago. He did very well in school in Bulgaria where he graduated from high school.

“When I came to Canada I got very home sick, and later on I was diagnosed with schizophrenia. I participate in the Peer Support Group at the MSS and I have taken computer courses. I also work part time for SSCOPE. I came to Canada for opportunity and a new life. I have been back to Bulgaria twice and I am in touch with my family by phone. I have one sister. She is older than me.

I have done lots of volunteering for MSS. I have helped with the newsletter output and mailing for fundraising. In March of this year I participated in the Human Book Project at the Millennium Library.

I like to cook. I like preparing some Bulgarian dishes such as Moussaka, and cucumber soup. I like palacsinta (dessert crepe with strawberry jam).

*What was it like growing up in Bulgaria?* “I used to play soccer and roller skate at home. I had lots of friends and had all kinds of adventures, as children do.”

Pictures to the left were taken by Shekinah and Winnie, showing root exposure and erosion caused by the spring flood, contrasted by the beauty of these flowers.



**Potato Race**



**The Cat Lady**



**Ladies in Costume**



**Shekinah**



**Sheila & Kathy**

On October 27, 2011 the MSS Women's group had a Halloween party. Shekinah, a group member, wrote the following about the experience: "It was a pleasant Halloween party. There were lots of sweets, peanuts, chocolates, vegetables, fruits and drinks to go around. There also were masked devils and witches. There were photos taken. There was also a pumpkin game.

Lesia Jarman, another group member wrote, "I found the party anything but boring. There were wonderful people, fun games and great food and laughter galore. Pin the mouth on the pumpkin, I believe, was fun for everyone. Providing several mouths for food surely made the pumpkin feel good. The food provided for all of us was fine but I personally enjoyed the popcorn balls most of all!

The costumes were worn with "flair". There was a great Halloween spirit from everyone there. I could sense the Halloween enjoyment, from everyone, in the air."



**Ruth pinning the mouth on the pumpkin**



**Sheila clowning & Andrea singing**



**Van, our photographer**



**Jean & Kathy take a turn at the game**



**It was a tie for the winners of "Pin the mouth on the Pumpkin", Myong and Debora**

If you would like to send something in for this newsletter please email your submission to [Karen@mss.mb.ca](mailto:Karen@mss.mb.ca) or send it to:  
The Manitoba Schizophrenia Society, 100-4 Fort Street,  
Winnipeg, Manitoba R3C 1C4.  
Attention: Jo-Ann Paley, Editor.



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*The Manitoba Schizophrenia Society  
on  
Facebook*

## **Congratulations**

**To**

**ACE BURPEE**

**Who won a  
MEDIA AWARD  
at  
The CMHA Winnipeg  
*Heroes of Mental  
Health*  
Award's Luncheon**

## **NAME THAT FEELING**



**A support group for children who have a family member with a mental illness.**

### **Family Support Group Dates Remaining for 2011**

**November 22**

**December 27**

### **PEER SUPPORT FOR PROFESSIONALS AND WORKING ADULTS**

Are you a **working or career professional** looking for a safe place to discuss the implications of **living with schizophrenia**? Come join us! Meet new people and share your experiences.  
**Receive support from those who understand.**

**Manitoba Schizophrenia Society**  
4 Fort Street  
Winnipeg, MB  
Phone: 786-1616  
**Peer Support Group Schedule**  
November/December 2011  
Meeting Time: Wednesday, 1:00 PM to 2:30 PM

*(Occasionally group start time may vary according to the program of the day.)*

**“Need to talk to someone about your life with schizophrenia, or schizoaffective disorder?”**

**Then consider attending the**

**MSS PEER SUPPORT GROUP**

**Date**

**Activity**

**November**

- |    |   |
|----|---|
| 2  | Movie Day – Group to begin at 12:45 pm<br>(to allow time to watch the whole movie.) |
| 9  | Pot Luck Lunch – Group starts at 12:30 pm   |
| 17 | Speaker – Terry Broza – telling his Recovery Story                                  |
| 23 | Visit to Seneca House – Meet at FACES at 12:45 pm                                   |
| 30 | Sharing and Planning  |

**December**

- |    |   |
|----|---|
| 7  | Holiday Party   |
| 14 | Story Telling   |
| 21 | Sharing   |
| 28 | <b>NO REGULAR GROUP AT FACES</b><br><b>OPTIONAL – Meet at 1:00 pm at Second Cup – Graham &amp; Edmonton</b> |

**The MSS Office will be closed for the holidays from Thursday, December 22, 2011 to January 3<sup>rd</sup>, 2012.**

## Women's Program Schedule November/December 2011

*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.*

### November

- 3**            **Writers' Group**
- 10**          **Sharing & Planning**
- 17**          **Movie Day**
- 24**          **Bowling at Dakota Lanes, 1085 St. Mary's Road. Please call to confirm your attendance at 786-1616.**

### December

- 1**            **Holiday Party – Pot Luck Lunch – Group starts at 12:30 pm**

**December 8th – Writers' Group**  
**Writer's Workshop with Chandra Mayor – This will be a two-hour workshop.**  
**Please call Karen to confirm your attendance at 786-1616.**  
**Workshop will run from 1:00 p.m. to 3:00 p.m.**

- 15**          **Arts and Crafts**
- 22**          **NO GROUP – CLOSED FOR THE HOLIDAYS**
- 29**          **NO GROUP – CLOSED FOR THE HOLIDAYS**

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SOCIÉTÉ MANITOBAINE DE LA SCHIZOPHRÉNIE  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE