

Partnership between Healthy Minds Cooperative and The Schizophrenia Society of Nova Scotia

We are excited to announce that Healthy Minds Cooperative and the Schizophrenia Society of Nova Scotia are partnering together this October in hosting the "From Recovery to Discovery" Peer Support Group.

When "From Recovery to Discovery" was first set up earlier this year, we were very impressed with the caliber of the speakers, the variety of the topics, and the use of traditional and alternative approaches to the whole spectrum of mental health issues. Members of the Cooperative gave us good feedback about the group and its positive effects on their understanding of mental health, the personal benefits they received from the talks, and especially the support they felt by being part of the peer group.

So we are honoured to have been asked to become partners in this venture. "From Recovery to Discovery" is a weekly peer support group and will begin again on October 14, 2010 at 6 p.m. at The Hub, 2nd Floor, 1673 Barrington Street, Halifax. There will be lots of new and stimulating topics and speakers, and the opportunity to share with peers on an educational and personal basis. We hope that you will be interested in coming and seeing what the group has to offer for you. See you there!

Mental Health Recovery & WRAP Workshop WRAP (Wellness Recovery Action Plan)

The WRAP Workshop begins in just a few days! For those of you that have registered for the workshop, here is a reminder of the dates, time and location.

Place: Healthy Minds Cooperative
7071 Bayers Rd., Suite 112
Room 165

Dates: October 5, 12, 20, 26, 28
November 2, 9 17

Time: 10:00 am - 12:00 noon

October 2010

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Healthy Minds Cooperative Writing Group

Many of you know that Anna Quon is going to the Czech Republic for four months. Before Christmas she will be working with students in an International School in creative writing. Anna will be leaving at the beginning of November and will return in February 2011. It will be a great opportunity for her to explore a different country and culture, and the effect this will have on her perceptions and writing. We wish her well and hope that it will result in creative and abundant ideas. Anna is doing this on a wish and a prayer (and hopefully a grant that will go towards the cost of the trip), so if you would like to make a contribution to help her in this, please send it to the Healthy Minds Cooperative c/o Myra Donnelly-Gay.

For the months that Anna will be away, Debi Noye will facilitate the Writers Group. Debi has been an enthusiastic member of the Writers Group since early this year, and finds the program very creative and a great outlet for her self-expression. It has been an important part of healing for her on her journey to recovery and she is now a regular contributor to the website: ourhealthyminds.com Debi is a prolific writer and has a lot of ideas on how to keep the program fun and stimulating. **Writers Group is held on the 2nd and 4th Tuesday of the month from 2 – 4 p.m. at the Healthy Minds Cooperative location: 7071 Bayers Road, Halifax.**

Stand Up for Mental Health - Training Sessions

A reminder to those training for Stand Up for Mental Health:

Here is the most up-to-date schedule for the Stand Up for Mental Health training classes:

Monday Sept 13,	3.30 - 5.30 p.m.	Mon Oct 25	3:30 - 5:30 p.m.
Monday Sept 20	3.30 - 5.30 p.m.	Monday Nov 1	3.30 - 5.30 p.m.
Thurs Sep 30	3.30 - 5.30 p.m.	Monday Nov 8	3.30 - 5.30 p.m.
Tues Oct 12	1.00 - 3.00 p.m.	Monday Nov 15	3.30 - 5.30 p.m.
Mon Oct 18	1.00 - 3.00 p.m.		

* **The showcase will take place the week of the 15th or 22nd, of November.**

Speakers Bureau

Are you interested in educating others about mental health? Join us! These are the upcoming dates and times that the HMC Speakers Bureau will be meeting. For more info, call 404-3504 or email hmnavigator@eastlink.ca

October 6, 1 p.m.

October 20, 1 p.m.

November 3, 1 p.m.

November 17, 1 p.m.

December 1, 1 p.m.

December 15, 1 p.m.



Way to Wellness

*addressing body, mind and spirit . . . promoting wellness, wholeness
and a sense of well-being.*



We all hold within us the essence of health, wholeness and well-being. Within the events of our lives we may encounter stress, trauma, injuries and life altering episodes which, when accumulated, may impede us from clearly accessing our connection to this innate nature

*Deep breathing is a great way to help you connect to your innate nature,
calm yourself and energize your body.*

*A good deep breathing technique is to sit comfortably,
breathe in for 3 counts, hold your breath for 3 counts, and breathe out for 3 counts.
Do this for 1-2 minutes several times a day.*

*- Irene Skehen,
Wellness & Recovery Educator*

Shareholder Café:

Don't forget...As a Healthy Minds Cooperative Shareholder you have access to the computers located in our Shareholder Café. Come on in to check your email or practice your computer skills!

The café is available for your use from **10am to 3pm, Monday to Friday**. Please call in advance to book your computer. Would you like to get some computer assistance and find out more about computer resources available? Call us at 404-3504.



Community Events Highlighted

Bayers Road Open Groups - Located at The Village at Bayers Road

(Note: No pre-registration required, but please register when you attend each session.)

ANGER CONTROL WORKSHOPS

Where: McInnis Room (165)

When: Last Monday of each month (except Dec. 27), beginning August 30, 2010), 1:00 to 4:30 pm (max 16-18 people)

AURICULAR ACUPUNCTURE

Where: Serenity Room (105)

When: Monday & Wednesday at 11:00 to 12:00 pm, Tuesday at 5:30 to 6:30 pm and Friday at 9:00 to 10:00 am

DEPRESSION PEER SUPPORT

Where: Serenity Room (105) *Contact:* Roy Muise (404-7800)

When: Tuesday at 7:00 to 9:00 pm

RECOVERY GROUP

Where: Serenity Room (105)

When: Wednesday at 1:30 to 2:30 pm

MINDFULNESS

Where: Bayers Rd, Centre, TBA

When: Wednesday at 1:30 to 2:30 pm

Do you have information you would like to share in The Bluehorse Chronicles newsletter? If so, we would love to hear from you! Please contact us by calling 404-3525 or email hmnavigator@eastlink.ca



Thank you to Anna Quon, Irene Skehen, and Myra Donnelly-Gay for contributing to this months newsletter!



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Mail To:

