

The Blue Horse Chronicles



Healthy Minds Cooperative presents: Self Awareness Workshops

October 2009

Volume 4, Issue 9

You are invited to join us for a personal discovery experience. Using guided imagery you will be gently guided on an inward journey where you will discover new insights, knowledge and perspectives that will invite you to expand the way you live.

What is Guided Imagery? Guided Imagery is a gentle technique that focuses and directs the imagination. It involves the whole body, the emotions, and all the senses. It reduces stress and enhances physical, mental, emotional and spiritual well-being.

November 10 **Getting to Know 'You'**
10:00 am – 12:00 noon

November 17 **Getting in Touch with Your Personal Power**
10:00 am – 12:00 noon

You may choose to attend one or both, they are individual workshops. Workshops are held at Healthy Minds Cooperative, Village at Bayers Road.

Registration:

Please call 404-3715 and ask for Irene

Deadline Date: November 04, 2009

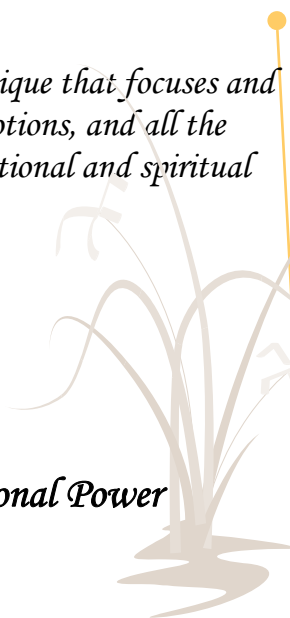
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STAND UP FOR MENTAL HEALTH

www.standupformentalhealth.com



Healthy Minds Cooperative presents:

Stand Up For Mental Health

2009 Graduation
Showcase

Featuring our 2009 graduating class plus founder David Granirer, counselor, stand-up comic and author of "The Happy Neurotic: How Fear and Angst Can Lead To Happiness And Success."

**Sunday
November 1st, 2009**



Founder David Granirer

Atlantica Hotel Halifax
1980 Robie Street

Show starts at 1:00pm
(Doors open at 12:30pm)

Tickets:

\$10.00 General Admission
\$5.00 HM Coop Shareholders

**Call Healthy Minds Cooperative
(902) 404-3504**

Thanks to Healthy Minds
Cooperative for all their support.



Stand Up For Mental Health was featured
in the VOICE Award winning documen-
tary "Cracking Up"

**STAND UP FOR MENTAL HEALTH teaches comedy to people
with mental illness as a way of building confidence and
fighting public stigma!**

Shareholder Internet Cafe

Attention Healthy Minds Cooperative Shareholders

The Internet Café is available for your use from:

10am to 3pm
(Monday to Friday)



Please call in advance to book your computer time at **404-3504**

Would you like to get some computer assistance and find out about more computer resources available?

Please visit or call Mickie at 404-3525 to book your ½ hour session!



Way to Wellness

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



A great way to reduce stress is to return to your childhood. Find some crayons and draw a picture, rent your favourite childhood movie or blow bubbles. Have fun going back to a simpler time and watch your stress melt away. What you're really doing is being 'present' to the moment. Children are more capable of being present than adults. They usually are not pre-occupied with the past or the future.

Irene Skehen

Wellness & Recovery Educator



Club Friday Fall Schedule

We're on the Web
<http://www.healthy minds.ca>
www.healthy minds.ca

October 30th	Abbie Lane Gym
November 6th	Holistic Health- Irene Skehen
November 13th	Roy Muise- Peer Support
November 20th	Pool at Kempt Road Dooly's
November 27th	Spring Garden Road Library
December 4th	John's Adventure in Paris
December 11th	Acupuncture with Joe
December 18th	Christmas Social – Bayers Road
December 25th	Closed



Club Friday is a peer support group that meets every Friday from **1:00pm -3:00pm** at the **All Nations Christian Reformed Church, 2535 Robie Street, Halifax.**

For more information please contact: John Cox or Mickie Bowe at Healthy Minds Cooperative:
404-3504



The Village at Bayers Road
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Mail To: