

## Shareholder's Meeting

Do you want to know what's happening at Healthy Minds Cooperative? Do you have feedback you would like to share? Do you have suggestions about what you would like to see at HMC? This is your time to come and share your thoughts and experiences!

**Thursday April 7, 2011**  
**4:30 to 6:00 pm**  
**Healthy Minds Cooperative**  
**The Village at Bayers Road**

Please let us know if you will be attending by emailing  
hmnavigator@eastlink.ca or call 404-3504.

## Stand Up for Mental Health

Featuring Mike MacDonald, David Granirer and the SMH comics.  
At the Westin NS, Halifax

[www.standupformentalhealth.com](http://www.standupformentalhealth.com)  
Tickets \$20 Call 902-429-9857

Consumers - \$10 tickets available in advance.  
Tickets are going quickly, so hurry!

Contact Healthy Minds Cooperative at 404-3504.

April 2011

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## Peer Support Worker - Job Posting

Healthy Minds Cooperative is an innovative not-for-profit enterprise that provides a variety of peer-based services to end-users of mental health services and their families. We currently have an opening for a five (5) month contract, part-time (15 hours per week) position for a Peer Support Worker.

**Summary:** The Peer Support Worker will assist patients/consumers at the NS Hospital in their successful transition to living independently in the community.

### Responsibilities:

- Develop rapport and trusting relationship with patients/consumers
- Assist patients/consumers in connecting with community resources and in developing networks
- Role model Wellness and Recovery
- Provide education on wellness and recovery, self-advocacy, navigating the mental health system and accessing available supports and resources

### Qualifications:

- Personal experience of living with/recovering from mental illness and demonstrated success in own recovery
- High degree of self-awareness and capacity to apply appropriate boundaries
- Knowledge and practice of effective self-care techniques
- Broad knowledge of mental health and community resources, supports and treatment modalities
- Demonstrated organizational and time management skills, accountability, reliability and punctuality
- Strong written and interpersonal communication skills
- Positive attitude and willing to work flexible hours
- Ability to work independently and show initiative as well as part of an inter-disciplinary team
- Empathetic, good listening skills and creative thinker

Please send resume by 4.30 p.m. April 4, 2011 to:

Healthy Minds Cooperative  
c/o The Selection Committee  
7071 Bayers Road, Suite 112  
Halifax, Nova Scotia B3L 2C2  
Email: [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca)

We thank all applicants, however, only those selected for an interview will be contacted  
*No telephone calls please.*

# Way to Wellness

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



## *Personal Growth*

*Growth is never about focusing on someone else's lessons, but only on our own. We aren't victims of the world outside us. As hard as it is to believe sometimes, we're always responsible for how we see things.*

*- Irene Skehen,  
Wellness & Recovery Educator*

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## 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



## Umpah!

The Healthy Minds Writing Group has started up again, just in time for Spring! We meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from September to June, with a break over the summer. The group is always changing, with new and old members coming and going. If you're interested in giving the group a try, feel free to drop in! Each time we meet, we do writing exercises together, inspire one another, and share our work (if we wish). We enjoy coffee and snacks, make new friends and most of all we spend time putting pen to paper in creative ways.

Here's a writing exercise that we did in our last writing group meeting:

### The Umpah exercise

Write about an object without using its name, in such a way that readers will have to guess what it is you are describing. If you need to call your object by a name, refer to it as "umpah". Here's an example of a response to this exercise by writing group member Debi Noye.

"Okay... I run into an old friend on the street... and I say....

**Oh my, look how BIG your umpah is!! That's okay, my umpah is big now too. Do you remember when our umpahs were small - seems like such a long time ago doesn't it. Oh look... that lady over there has a little umpah... so cute! Hard to believe they come that small... she's a lucky woman...sigh... but no matter how big our umpahs get - they still need to be loved and kissed....right??"**

(For those of you who are wondering, Debi's umpah is her son!)

The Creative Writing Group meets from 2 to 4 pm. Feel free to drop in for the group - registration is not necessary!

## The Blue Horse Cabaret

What is *The Blue Horse Cabaret*, you ask? Well, keep your eyes and ears open for upcoming news on this Healthy Minds Cooperative fundraising event! It involves musicians, comics and talents from 'This Hour Has 22 Minutes' and 'Trailer Park Boys'.

You better keep the evening of Saturday, May 28th open - you won't want to miss this! More info to come!

# Community Events Highlighted

## *From Recovery to Discovery Peer Support Group Meetings*

Every Thursday Evening

6:30 pm to 8:30 pm

The Hub

2nd Floor, 1673 Barrington Street

Halifax, Nova Scotia

**The *From Recovery to Discovery Peer Support Group* is open to anyone affected by mental illness, either directly or indirectly.**

**All meetings are free!**

The Recovery to Discovery Peer Support Group is a partnership between the Schizophrenia Society of Nova Scotia and Healthy Minds Cooperative

**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](mailto:hmnavigator@eastlink.ca)**



**Thank you to Irene Skehen and Anna Quon for contributing to this months newsletter!**



The Village at Bayers Road  
7071 Bayers Road, Suite 112  
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Mail To:

