

Navigation

What is a Navigator? Individuals have told us that going through the mental health system can be like trying to find their way through a maze. Navigation is a service to help guide persons with a mental illness and their families through this maze. The Navigator will help you and your family get information about mental illness, prepare you for your appointments, and tell you about support services in your community.

The Navigator Can:

- Get answers to your questions and concerns
- Help you prepare for your visits with your clinician
- Tell you and your family about mental illness by providing reading materials, videos, internet sites, etc.
- Tell you about support groups and services in your community

“...end-user participation in system planning contributes to patient satisfaction and appropriate and effective treatment. The Cooperative, through its membership would like to increase the representation of consumers in such planning and to enable consumers to build strong social networks.”

HEALTHY MINDS COOPERATIVE



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Healthy Minds Cooperative

Membership Brochure

Healthy Minds
Healthy People
Healthy Communities

A Blue Horse Initiative

Overview of our Programs

Creative Writing Group. As well as providing opportunity and encouragement to write and share our writing in a safe environment, the writing group offers our members peer support and writing skills development, as well as fun, creativity and the opportunity to explore ideas, writing genres, and to take risks that build confidence and self-esteem.

Speakers Bureau. If you are interested in education other about mental health and illness through sharing your experiences, join us! Our group will help you to build your self confidence, learn in a positive and supportive environment, and learn effective ways to organize and deliver presentations.

Club Friday. Membership for Club Friday is open to all who have a mental illness, you do not need a referral. Sessions for Club Friday are a variety of recreational, therapeutic and informational sessions. The schedule for the group is created from the input of the members and you have the freedom to come to the group whenever you want. Members have indicated they enjoy learning new information and that they find the people there supportive.

Shareholder Meetings. We hold regular shareholder meetings that incorporate networking, roundtable discussions, workshops, presentations etc. on a variety of topics. Come and join the Healthy Minds Cooperative and discover the power of being with others who share a common interest in mental health.

Wellness and Recovery

We offer a variety of workshop on Wellness and Recovery. Below is a list of topics of some of our most popular workshops:

- Invitation to Live Fully
- Phoenix Rising: The Freeing of Human Potential
- The Alchemy of Energy: Exploring the Code Model
- Claiming Your Personal Power
- Freeing the Expression of Spirit
- PLAR & Portfolio Development

If you are interested in any of the above workshops or have a suggestion for another topic, please call Irene Skehen, Wellness and Recovery Educator at 404-3504.

