

Connect & Inspire!

INTUITIVE ART GROUP (SEE PAGE 3)



Art by E.U. created during Intuitive Art Group using magazine images.

All articles, stories and poems are written as personal opinions and experiences, and are not official statements or representations of CMHA.

Community Connections
CMHA, York & South Simcoe

Our programs

Our website

Contact us at 1-866-345-0183
or 905-841-3977

Contribute to the Mindful Digest.
Forward content to Jennifer Lee Jones,
vol_jjones@cmha-yr.on.ca
The Mindful Digest is Designed &
Produced by Jennifer Lee Jones
(our offices are currently closed and pro-
gramming is online or by phone.)
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If you are in crisis,
please call 1-855-310-COPE

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MEMBERS' POETRY CAFE LIKE SMOKE

By C.Ferrara

PHOTO ROBERT ZUNIKOFF

so much music in your hands
you would play the song
know it by its bones

you can sing now, cut loose
the maple canopy will corner the sound
hold it and send it back to us

the fire snaps like handclaps
the strings are buzzing slightly
the swell of a cicada


you will think of all this
and try to capture the scene
but the image is like smoke above you

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MEMBERS' POETRY CAFE

ROSE ROAD

By Doug



From life's garden I picked the rose,
The most beautiful one,
The one I chose.
That beautiful rose
Add worldwide Fame
This Jones Rose was his Rose's name
Was this Rose's name.
This beautiful rose,
Will for all times be.
The most beautiful possession,
In the world to me.

PHOTO ANDREAS HASLINGER

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MEMBERS' POETRY CAFE

NEW DAY - A SONG

By Fareeha C

It's a new day
A new year
A new chapter to begin with
Don't worry about today
Tomorrow's a new day
So make it a good one
So what? If we're all trapped in lockdown
Turn that frown upside down
If you're safe healthy
Then everything is going to be OK
Just follow the protocols
Wash your hands
Wear a mask
Sanitize when you go outside
And maintain a social distance with people
And you will be OK OK OK

So what? Don't worry about today
Tomorrow's a new day
So make it a good one
I can't help myself I think I'm going crazy
At home during quarantine
We're all depressed and lonely now
But its going to be OK OK OK
Just have hope
And your life will turn around
So what? Don't worry about today
Tomorrow's a new day
So make it a good one
I have been staying productive at home and
overcoming my depression
By following coping strategies

In this great big tragedy
So what? Don't worry about today
Tomorrow's a new day
So make it a good one
Like walking out when it's nice
Praying 5 times a day or maybe meditating by
deep breathing to just relax
Art for the mind and soul
Music for the fun of it
And cooking and baking because why not we all
love food after all

So what? Don't worry about today
Tomorrow's a new day
So make it a good one

Oh no? I can't help but think about it all
People crying
Children dying
I know it's a disease
It is putting us in misery
But there's still hope left
So don't worry about it all

So what? Don't worry about today
Tomorrow's a new day
So make it a good one
2020 was the worst year
Have no fear the vaccine is here
So welcome to 2021
It will all be over soon
Amen!

PHOTO BY DI MAITLAND

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INTUITIVE ART GROUP

Intuitive art is a healing, free-form, playful and connected art process. Play & let go of expectations. Use any mixed media to layer colours, images, collage material and make marks.

Day: Monday
Time: 12:30 - 1:30 PM
Register here: [Our programs](#)
Contact us at
1-866-345-0183 or
905-841-3977

MEMBERS' ART GALLERY

"ZOLT" ART BY ROBERT LITTLE

NEED TO TALK TO SOMEONE?

Call 1-866-345-0183
If this line is busy call 905-841-3977
Monday to Friday 8:30 am to 4:30 pm
More information available on our website



Canadian Mental
Health Association
York and South Simcoe
Mental health for all



ART BY ROBERT LITTLE

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MEMBERS' ART GALLERY

Art by Justin



ART BY JUSTIN

THE MINDFUL DIGEST WANTS YOUR CONTRIBUTIONS!

Email your poems, stories, photographs, art, music video requests, self-care tips, etc. and how you wish to be credited (e.g. initials, first name only, pseudonym, anonymous etc.) to Jennifer Lee Jones: vol_jjones@cmha-yr.on.ca

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MEMBERS' ART GALLERY

Art by I.N.



JOIN OUR VIRTUAL GROUPS

Create, play and connect with community.

Contact: Community Connections
CMHA, York & South Simcoe

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WORTHY

By Adam

Please note, the following article contains content that may be sensitive or triggering for some, reader discretion advised.

Last night I called a friend.

I wanted to tell her that I had found some closure over Alex's suicide.

She was happy for me. I believe she wants me to happy. She also shared that she had to speak to her therapist and counsellor about how much listening to my thoughts were depressing her. That is when I decided to say goodbye. She is so kind to offer her support to me for hours on the phone, even when doing so was having such a negative effect on her own wellness. But it wasn't fair. And I don't want to hurt anybody else. I said goodbye.

Then she began to speak. And for what seemed like a long time.

She spoke in more of a pleading way at times. Almost like she was begging me to see what she could see in me. Instead of what I did. I can see now, that she was begging me for my life.

She said that nobody deserved sobriety more than me.

She said I was a good person. She CONVINCED me, I was a good person.

That someone like me comes along not often. And that I was wasting that.

She told me I could do good for the world. And that the world needed that. Needed people like me. And now that I can see her worth more than ever,

People like her.

She told me that she would not have spent so much time trying to help me if I wasn't worth it. And that sounded like a really good argument to me.

She reinforced over and over and over, with no sign of possible let up, what she saw in me. And begged me to see it. And in showing that she would go to any length to do so (making herself very vulnerable to being hurt in the process), forced a change.

A change in perspective.

A change in my perspective.

Which altered my core belief. Creating a new one:

I AM WORTHY OF LOVE. I just needed a good friend to prove it to me.

And I must admit at that point, she was more like my Angel. She forced me to see that my life is worth saving. And now I can start to save it.

Normally it would be hard to think of how to thank a person who does not want to hear thank you. I will show gratitude for the gift she has given me by enjoying that gift to the fullest.

And for the first time, accepting that I deserve it.

And by being there for others when I can, like she was for me.

And being there for her, as her friend, always.

I hope that now that I can accept that I am worth it, I can finally be as good a friend to myself that my friend was to me.

And that I can show myself the strength, dedication, devotion, loyalty, selflessness and vulnerability, that she showed me, when I needed it.

And on the days I feel that I can't:

maybe the memory of the time an Angel cried, refusing to give up fighting to save my life, will remind me that I am worthy of love.

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LIFE IS A DREAM

By Marge

Life is a dream that comes with imaginable possibilities: no one really knows where life is going to take them, only known just to go with the flow of a dream not yet seen.

When the dreams turn into reality, it feels so good and worth the dreaming of a dream to be someone that seems impossible since where living there are not enough opportunities.

Living in a third world country living in these countries you worry about what is going to happen to you and the family you deeply care so much about.

Worrying about where the next meal is going to come from on your table with no clean water to drink or shower with mommy loves you but scared to look you into the eye and say kid everything is going to

be alright but she doesn't know deep inside what's going happen she only knows she wants to have a better life for all her children.

I am so happy to say dreams are worth dreaming of because we now have a God and we are now able to reach out to more people around the world. So we can help the needy and vulnerable by sending Samaritan purses before Christmas. It is such an amazing dream to have received something you always wanted it is so great to see the joy that is on these kids' faces when they open their gifts. It is breath taking.

MEMBERS' ART GALLERY

"Sadness" Art by I. N.



ART BY I. N.