

Connect & Inspire!

SPRING BLOSSOMS



ART BY A. A.

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

Community Connections
CMHA, York & South Simcoe
[Our programs](#)
[Our website](#)

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If you are in crisis,
please call 1-855-310-COPE

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CMHA COLLEGE OF HEALTH & WELL-BEING

The CMHA College of Health & Well-Being is a Recovery College* aimed at enabling people to become experts in their own self-care and to develop skills and confidence to manage their own recovery journey.

Our free courses are informative and interactive. They are developed and delivered by our peer supporters who are experts because of their experiences.

They have their own stories of mental health or substance use concerns or are supporting a loved one.

We know that the best learning happens when personal stories and lived experience are shared.

*Recovery Colleges are modeled after a traditional college, however they are not considered postsecondary education.

They are not governed

by the Ontario Colleges of Applied Arts and Technology Act, 2002 OR The Private Career Colleges Act, 2005.

The Recovery College model was developed in England and has been widely replicated internationally.

A Welcoming, Collaborative and Inclusive Environment

Everyone is welcome to register for our courses. All students are encouraged to enroll in our college regardless of their culture, abilities, or educational achievements.

Our goal for our courses is to create an environment where small groups of people can feel comfortable and safe coming together to learn from their peers and from each others' lived, life, professional and subject expertise.

Real knowledge and practical tools to support people to grow

We draw upon a diverse range of knowledge sources, bringing topic experts together with experts by experience to develop and deliver our courses.

Students can develop their own individual learning plan (ILP) based on their goals and aspirations.

We use the CHIME framework to ensure we bring the principles of recovery to the learning environment and to measure the effectiveness of our approach.

Accessible Courses

All courses at the College are free. We develop the content using different learning styles and following adult learning principles. When you register, please let us know if you require any accommodations.

Progressive

We actively support students in their efforts to move on in their lives, achieve their own identified goals, and explore possibilities for support and growth in their communities.

Our courses can help whether you are facing a mental health challenge or having difficulty making time for yourself.

We invite you to attend our information sessions to learn more about how the Recovery College can help you:

- Build – a toolkit of self-help skills
- Understand – aspects of the challenges you may be facing
- Grow – and plan for your future.

To learn more visit our [Spring 2021 Course Catalogue](#)

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SHINE

By Robert Little

This is a sketch of Syd Barrett who was a founding member of one of my favourite bands, Pink Floyd.

He was ousted from the band in 1968 due to his heavy drug use and what was later believed to be mental illness which was horribly misunderstood at the time.

The band went on to be a tremendous success and one of their most popular songs is titled "Shine on you crazy diamond" - about their friend Syd.

The song is just so beautiful and with the proper context, the lyrics are piercing.

After years apart, Syd Barrett visited the band in a recording studio.

While recording, the band noticed a man, a withdrawn, sickly man standing in the shadows.

None of the band members recognized him a Syd.

I would invite anyone to listen to the words with this in mind.

ART BY ROBERT LITTLE



ART BY ROBERT LITTLE

CHANGE FROM THE INSIDE OUT

By Marge

When I look at myself in the mirror, I see a different kind of someone that I don't like. It just doesn't look the way I use to be. I just need to look like who I use to be in the physical beauty so skinny and attractive too. But when I keep looking at myself from the out-

side it doesn't change how I feel on the inside a girl with low self-esteem been called fat. That doesn't make anyone feels good instead it makes you feel worse. Somewhat causes you to do things that causes you to be in the state that you are in right now.

I have come to realize

that when you change from the inside out things fall into place you feel good about yourself. And so, in time, other people's words do not define who you are instead it just makes you become stronger than you were before. It gives you courage to stand up not only for yourself but

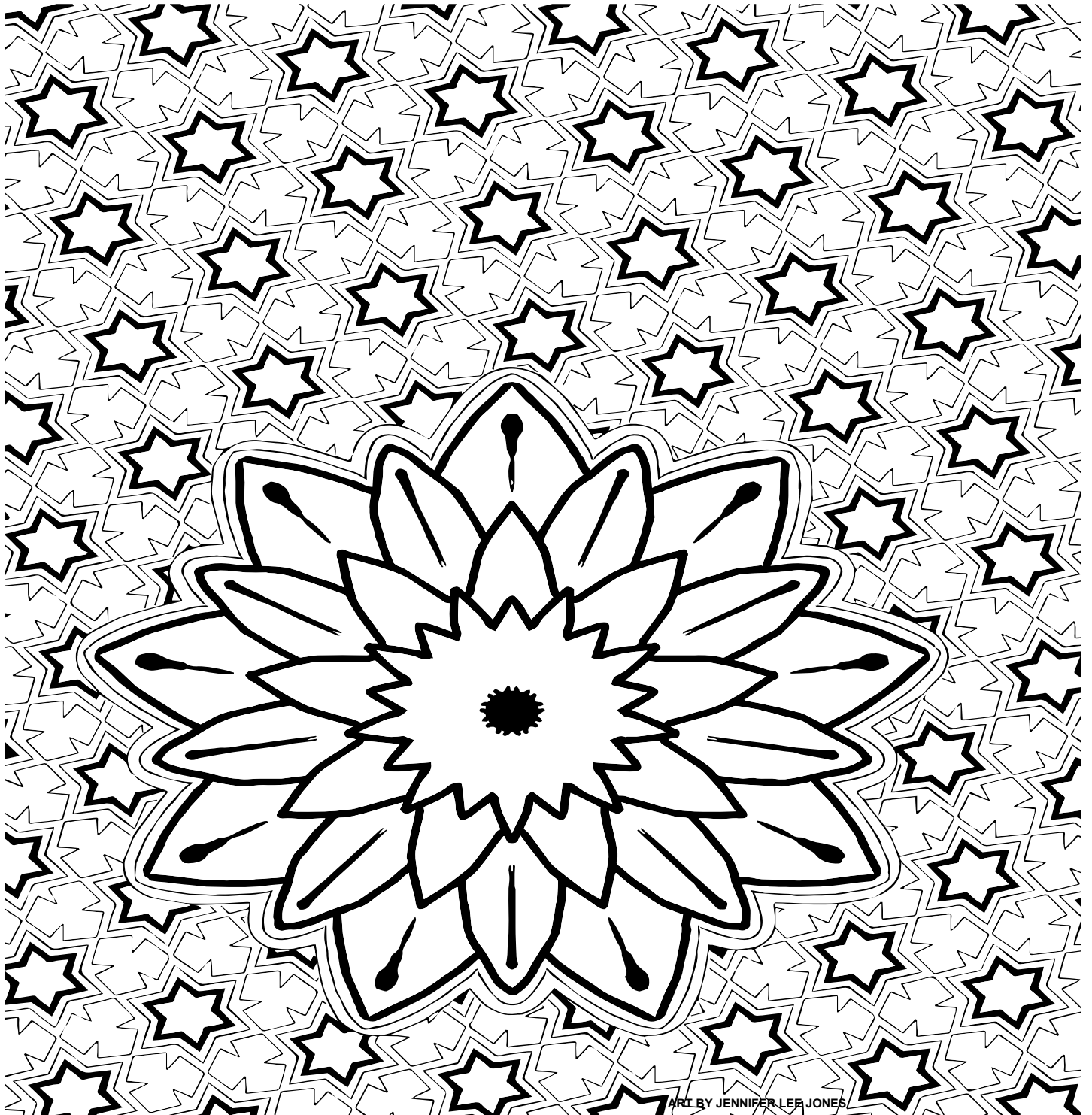
also for those around you who seems weakened in the sight of others.

**Remember
to Always
Stand up for
What is Right &
Believe in You.**

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LOTUS & STARS COLOURING PAGE

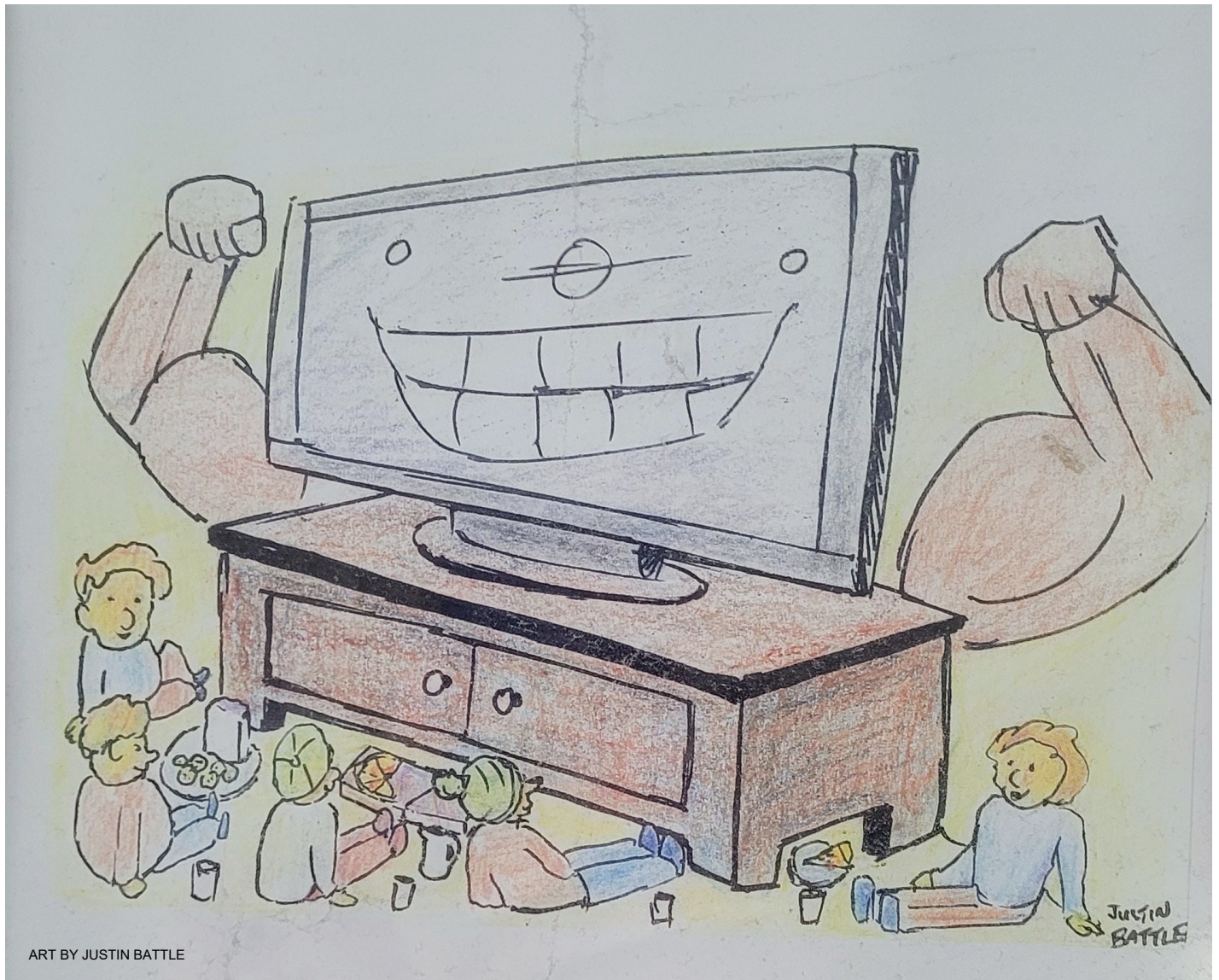
ART BY JENNIFER LEE JONES



ART BY JENNIFER LEE JONES

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MEMBERS' ART GALLERY



ART BY JUSTIN BATTLE

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



In honour of a CMHA member who passed away. You are loved and remembered.

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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.)

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WHAT IS RIGHT ABOUT ME?

List three things you enjoy, when you are well. This might be coffee with a friend, creating something, a favourite snack and Netflix, shopping for a treat, or walking in nature.

THINGS I HAVE ENJOYED

1.

2.

3.

NEED SOMEONE TO TALK TO?

CMHA York Region & South Simcoe has redeployed staff to provide telephone-based supportive counselling to our community, to support people experiencing higher levels of stress and anxiety due to COVID-19.

To learn more visit: <https://bit.ly/33xIFpA>

If you are in crisis,
please call 1-855-310-COPE

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

JOIN OUR VIRTUAL GROUPS

Create, play and connect with community.

Contact: Community Connections
CMHA, York & South Simcoe

Our programs

Our website

Contact us at
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GEORGE

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

By Marge

For far too long people of colour have been treated unfairly and in some instances lose their lives due to police brutality (some of which is unaccounted for). We are only human. For people in public service: Why are you doing this to us? Killing off our future generations. People are being killed because of the colour of their skin. Society is all one, although we might not look the same; we are still human, where is the humane in all of this? People of colour have been treated unfairly because they may look a certain way; because of the colour of their skin, the way they dress. People of colour only need to be treated fairly, just like others in society.

It was not humane to

ignore George's pain or to stand by and do nothing. It isn't going to be over until justice is served. His family and friends said that he was a peacemaker. It is so bad that he died that way leaving all the people he loves behind so sad. Even though he died like that, some good has come out of it as it has spiked awareness around the world where people are protesting "Black Lives Matter" and asking for change as these similar acts have been going on for years back and this brutality needs to

be put to an end. Remember these are lives not toys that you play with—a toy cannot die but a life can.

Also, just like many before, George died by police brutality where no justice was served. But in this instance George's death made a change because of technology, where a witness was able to capture what happened to George in picture and video to tell the true story. George: In your name change will come, because of you

we will fight to stop them from continuing this injustice.

Finally, people from around the world, Canada, Germany, Australia, America (where it happened) are protesting "Take your knees off our necks". This incident with George has shown that Black lives (not just black Americans, but worldwide) have been experiencing inequality, unfair treatment, and lives are lost and ruined with no justice. It is time to take a stand. Rest in peace George.



PHOTO BY MARY OLOUMI