

Connect & Inspire!



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,
jjones@cmha-yr.on.ca
The Mindful Digest is Designed &
Produced by Jennifer Lee Jones

15150 Yonge Street, Suite 201,
L4G-1M2, Aurora, Ontario, Canada

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

IN THIS ISSUE

Pg. 2	<u>TRANS & NON-BINARY DROP-IN</u>
Pg. 3	<u>WRITERS' CAFE</u>
Pg. 4	<u>MEMBERS' ART GALLERY</u>
Pg. 5	<u>OUR PROGRAMS</u>
Pg. 5	<u>SHINE YOUR LIGHT</u>
Pg. 6	<u>JOIN OUR GROUPS</u>

Connect & Inspire!

Trans & Non-Binary Drop-In

Starting on July 24th, Community Connections and the Gender Affirming Health Clinic will be launching a monthly Trans and Non-Binary Drop-In.

Join us in the lower Aurora CMHA-YRSS office, or you can attend virtually.

This group will run from 1-3pm on the 4th Monday of the month, and registration is required to attend this 16+ group.

Come enjoy social time, play

games, or participate in programming with your peers!

E-mail dclarke-partida@cmha-yr.on.ca with questions, or ideas for programming you would like to have at the Drop-In.



Connect & Inspire!

WRITERS' CAFE

Story & Art by James

Creation

Once upon a time there was a great ocean.

A turtle was swimming about.
The turtle asked the muskrat to swim to the bottom of the ocean and bring up some mud to put on it's back.

The poor muskrat tried, but could not do this because of it's skinny toes, fingers and tail.

The muskrat asked the beaver to do this.

With webbed fingers, toes and a wide tail the beaver was able.

From the mud on the turtle's back all life grew.

The owl on top of the tree is the watcher.

The raven is the trickster.

As a child, when I did something bad and questioned how my mother knew, she would say

"A little bird told me so."



I enjoyed an Art Curious? session with Tim and drew this:
The topic was an Emily Carr painting of Totem Poles.

Connect & Inspire!

MEMBERS' ART GALLERY

Story & Art by Augustine

I started learning Chinese painting online in 2019.

I am deeply in love with this and I don't have drawing experience.

I never thought of having this opportunity at all to discover my potential, which has been hiding inside of me all my life.

Learning new things was recommended for my mental health recovery journey by various professionals.

Drawing helps me concentrate and be in the moment.

I leave everything behind and forget about my miseries.

It also helps me gain back my self esteem and confidence.

Producing a good piece of art, is not only self satisfying, it is also a bonus when my drawings are appreciated by others.

I would recommend this for everyone.

You'll never know until you try.

It's very true.



Connect & Inspire!

OUR PROGRAMS

Community Connections is a program for individuals 16 years or older to improve their mental health and overall wellness.

Whether you want to be more active, get involved in your community or build a stronger social network, Community Connections can support you in achieving your goals.

We provide free mental health workshops, opportunities for socialization and participation in fun activities.

The program offers a Drop-In Social Hub, and virtual and in-person groups.

The Drop-In Social Hub is a staff and volunteer-led drop-in program that gives members an opportunity to informally connect with others in a safe and supportive environment.

This program is supported by Peer Support Workers, who have their own stories of mental health or substance use concerns, or are supporting a loved one.

Our drop-ins take place in Alliston, Aurora, and Markham.

We also have activity-based workshops and groups for members to drop in and enjoy at our locations and in the community, or to join virtually through Zoom.

Some examples include: art making, music, games, walking and much more.

Check out our calendar for more information on Community Connections groups and Drop-In programs here:

<https://cmha-yr.on.ca/get-support/community-connections-16/>

SHINE YOUR LIGHT!

YOUR SUBMISSIONS

The Mindful Digest is looking for submissions!

To contribute to this publication, email your poems, stories, photos, recipes and drawings, and how you wish to be credited (e.g. initials, first name only, pseudonym, anonymous etc. to Jennifer:

jjones@cmha-yr.on.ca

Get creative and inspire others!



Connect & Inspire!

JOIN OUR GROUPS

Contact:

Community Connections, CMHA,
York & South Simcoe

[Our programs](#)

[Our website](#)

Contact us at

1-866-345-0183 or

905-841-3977

OUR WEBSITE

Our calendar can be found online [here](#).

Can't find the Zoom Link for your group?

Be sure to check the Junk Mail the morning of the group or contact the group leader in the brackets of each group.

FEEDBACK? QUESTIONS?

Please feel free to connect with us at communityconnections@cmha-yr.on.ca or the group leader in brackets next to each session (it is the most effective way of getting specific information/assistance related to a group).

Anonymous feedback can be submitted to our Virtual Comment Box [here](#):

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

