

## Connect & Inspire!



In November, our partnership with the Aurora Public Library showcased the transformative power of Mindful Art with Jennifer Lee Jones, Peer Support, Community Connections Program. Through interactive lessons, participants explored art, honed mindfulness, and nurtured creativity. Check our calendars for upcoming sessions.

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](mailto:jjones@cmha-yr.on.ca)  
The Mindful Digest is Designed &  
Produced by Jennifer Lee Jones

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

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## MEMBERS' ART GALLERY



Art by Brian Gunn, Sculpture

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Art by Brian Gunn, Sculpture

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## MEMBERS' ART GALLERY



Art by Anonymous, Friday Crafts

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## MEMBERS' ART GALLERY



Art by Augustine, Paper Wreath

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## MEMBERS' ART GALLERY



Art by Anonymous, Air Dry Clay

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## MEMBERS' ART GALLERY



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## MEMBERS' ART GALLERY



Art by Anonymous, Air Dry Clay

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## MEMBERS' ART GALLERY



Art by L.A.R.K.,  
Knitted Doll

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## MEMBERS' ART GALLERY



Art by Under The Rainbow Group, Pumpkin Painting



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## Trans & Non-Binary Drop-In

Community Connections and the Gender Affirming Health Clinic facilitates a monthly Trans and Non-Binary Drop-In.

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

We'll meet December 19th, January 30th, and February 27th.

Registration is required to attend this 16+ group.

Come enjoy social time, play

games, or participate in programming with your peers!

E-mail [dclarke-](mailto:dclarke-)

[partida@cmha-yr.on.ca](mailto:partida@cmha-yr.on.ca) with questions, or ideas for programming you would like to have at the Drop-In.



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## WRITERS' CAFE

Poem by Marge

To Jesus (Song)

Lord as you wake me up  
this bright Tuesday  
morning.

As I looked outside the  
window I could see your  
sun shining on me.

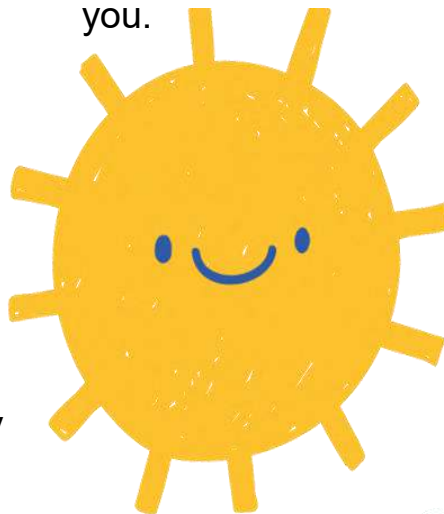
It makes me want to stay  
in the moment.

And to do things in the  
twelve our daylight.

So I won't make mistakes  
when it is night fall.

I feel you in my heart the  
warm nest of your sun on  
my arms.

As I write this song to  
you.



You have brought me out  
the storm and you  
brought me to the still  
waters.

And I want you to do well

in this world that you have  
created.

My life is made of trials  
however throughout these  
trials I have to remember  
that.

life is so precious and I  
want to do your will on  
earth.

To do the things you lord  
Jesus want me to do in  
this world.

By doing things daily in  
the twelve our day light so  
that I will not stumble in  
darkness.



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## 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](mailto:jjones@cmha-yr.on.ca)

Get creative and inspire others!



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## OUR PROGRAMS

### 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](mailto: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*

