

Fall 2024

# Newsletter



A REASON TO HOPE. THE MEANS TO COPE.  
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN  
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

## Opening Message

**Contact Us: call: 1-877-584-2620  
email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)**

We've been keeping busy this summer, and now we're gearing up for a busy fall! Is there ever a time when we're not busy? Probably not, but that's just the way we like it! Continue reading to discover what we've been working on and what exciting things we have planned!



## Welcome to our New Board Member

The board of directors of the Schizophrenia Society of Saskatchewan is pleased to welcome Karyn Kawula to the SSS 2024-2025 board. Karyn is a registered psychiatric nurse (RPN) with over 35 years of experience in a variety of clinical and administrative positions within the field of mental health and addictions primarily in Saskatoon. She is currently teaching at Saskatchewan Polytechnic, as a nursing instructor in the: Psychiatric Nursing Program. Karyn has also been a long time volunteer and supporter with the Saskatoon Partnership Program.

Through her personal and professional journey within the field of mental health and addictions, she has developed a special interest in the exemplary work of the Schizophrenia Society of Saskatchewan and is looking forward to being involved as a board member.

## Farewell to Board Member Jaime Mantesso

The Schizophrenia Society of Saskatchewan's board of directors expresses gratitude to Jaime Mantesso for her dedicated service as a board member since 2018. Jaime's unwavering support for the society is truly appreciated! Thank you!

## Yes2Me Scholarship

We are excited to share that the "Yes2Me" Scholarship Program through the Otsuka-Lundbeck Alliance and Schizophrenia Society of Saskatchewan will soon be available. Additional details on eligibility can be found on the poster at the end of the newsletter.



Board Members in front of our mural wall in Regina.

# Recent Events



## Steak Night Fundraiser

On May 23rd, 2024 we met at The Serb Club for an evening of fun, great eats, and of course fundraising. We are thrilled to share that it was completely sold out and a huge success! We offer a big thank you to our board member Mike Gardiner for organizing and extend our sincere thanks to all who helped to make this evening possible!

## 2023-2024 AGM

On June 11th, 2024, a variety of members, board, and staff gathered for the Schizophrenia Society of Saskatchewan's annual general meeting (AGM) for the 2023-2024 year. We enjoyed having the opportunity to reflect on this year's accomplishments and discuss our future goals. We also took the opportunity to hand out awards.

Thank you to everyone for your attendance and support! If you would like to read our annual report it can be found on our website by clicking About Us then scrolling to the appropriate link.



## Partnership Luncheon - Saskatoon

On June 14th in Saskatoon, we gathered for a luncheon to present our Partnership Program Awards. In attendance was our current Partnership Program Members, some special guests and founding members. We are excited to share that the Saskatoon team has accomplished a new milestone of having reached 100,000 audience members in our 25 years of presenting!



## Partnership BBQ - Regina

On June 21st the Regina Partnership Program gathered at our office to celebrate the accomplishments of our Regina Team! It was a rainy day, but we still had lots of fun!

## ASIST - Saskatoon

On July 13th-14th we taught our second offering of Applied Suicide Intervention Skills Training at the Saskatoon Inn. Continue reading to note the dates of our next course!

# Upcoming Events

**ASIST** - Our next ASIST workshop will take place on August 24th-25th, at the Saskatoon Inn. Thanks to our generous donors we are able to offer this class for only \$20! The class is now at full capacity. For anyone interested in potential future opportunities to take ASIST, please reach out to [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)

**Singing with the Stars for Mental Health** - This exciting fundraiser is taking place in Saskatoon on October 9th, 2024. Join us for this fun evening with a lighthearted competition, amazing performances, and great food. Tickets are on sale at TCU Place. You can also visit [www.singingwiththestars.ca](http://www.singingwiththestars.ca) for additional details!

Contact our office at [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca) for assistance, and for additional information on the event please see our poster at the end of the newsletter.

## Programs & Support

**Family Support Group** - Join us on the second Tuesday of each month from 7:00-8:00pm, via zoom! Our next meeting is on August 13th, and if you'd like to join us, contact Maria or Heidi.

**Regina Peer Support Group** - This group takes place on the first Wednesday of every month from 6:30-8:30pm, in-person, located at our Regina office. Registration is not required, contact Maria for information.

**Saskatoon Rec Group** - Our weekly coffee group meets on Thursdays from 2:00-3:00pm at the Hunger Cure. We also engage in a variety of other activities such as bowling and special events. To sign up or for more information, contact Heidi.

Maria (Regina) [Maria@schizophrenia.sk.ca](mailto:Maria@schizophrenia.sk.ca) - 306-584-0755  
Heidi (Saskatoon) [Heidi@schizophrenia.sk.ca](mailto:Heidi@schizophrenia.sk.ca) - 306-374-2224



## Partnership Program.

Over the summer our presentations tend to slow down and so we are excited to jump into a new school year! If you or someone you know is interested in booking a presentation or would like more information about our Partnership Program, be sure to contact one of the coordinators listed below! We look forward to seeing you!



To book a Partnership Program Presentation, contact:  
-Saskatoon area (Curtis) at [Curtis@schizophrenia.sk.ca](mailto:Curtis@schizophrenia.sk.ca)  
-Regina area (Austin) at [Austin@schizophrenia.sk.ca](mailto:Austin@schizophrenia.sk.ca)  
-Rural and Northern (David) at [David@schizophrenia.sk.ca](mailto:David@schizophrenia.sk.ca)

With Zoom presentations we can reach anyone anywhere!





# In The Community

**We're always up to something , here are some snapshots we'd like to share!**



**Linda, Mary, & Lexi : Partnership Program Speakers who shared their stories in partnership with the Saskatoon Public Library in May, 2024.**



**Heidi, Adam and Di enjoying the sunshine at the Mental Health Week - Walk & BBQ.**



**Curtis and Shaun at our AGM in Regina.**



**Claire showing off our new tablecloth at the Steak Night Fundraiser!**





# SINGING

WITH THE

# STARS

FOR MENTAL HEALTH

[SingingWithTheStars.ca](http://SingingWithTheStars.ca)



## GET YOUR TICKETS

09 OCT 2024

TCU PLACE - BANQUET HALL - \$250/TICKET

### STARS

Heidi Munro  
Brock Andrews  
Brad Johner  
Mary Ellen Buckwold  
Fraya Seitz  
Ty Hunter



### CELEBRITIES

Heather Morrison  
Gregger  
Ken Seitz  
Brynn Boback-Lane  
Les Lazaruk  
Byron Bitz



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5:00 PM – COCKTAILS & APPETIZERS

6:00 PM – PROGRAM STARTS

6:30 PM – 3 COURSE MEAL

8:00 – SHOWTIME



# Yes 2 Me Scholarships



2  
\$1000  
Scholarships

To be eligible for the scholarship, applicants must:

- be a resident of Saskatchewan
- be diagnosed with schizophrenia or bipolar 1
- complete a Scholarship Application package
- be at least 18 years old on the first day of the program to be attended

**Additional details and application package coming soon!**

For more information or to submit an application email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)



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Otsuka



# CHAMPIONS FOR MENTAL HEALTH



## SAVE THE DATE

March 15th, 2025

Delta Hotels by Marriott Regina

Champions for Mental Health –  
**filmmaker David Hansen and  
Psychiatrist Dr. Ken Harrison**

5:00pm Drinks & Appetizers  
6:00pm Welcome & Dinner  
8:00pm Keynote Speakers

**Tickets \$150**

For more information  
or to purchase tickets:

Email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca) • Phone: 1-877-584-2620

