

Fall 2025

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.



If you would like to support the Schizophrenia Society, please scan the QR code to access our donation page. Your support means the world to us!

**Contact Us: call: 1-877-584-2620
email: info@schizophrenia.sk.ca**

Opening Message

With the arrival of the changing seasons, it seems our next newsletter is indeed due! Since we last connected, we have been engaged in a wide variety of activities and have some exciting events coming up. So, continue reading to find out all the details!



A Reason to Hope, The Means to Cope Mental Health Conference

On September 25th, we convened at Prairieland Place in Saskatoon for our inaugural mental health conference, brimming with dynamic energy and professional insight. We had the privilege of hosting two exceptional keynote speakers, Dr. Greg Wells and Jessica Janzen, each of whom delivered inspiring and thought-provoking presentations. The event featured a variety of break-out sessions covering impactful topics, alongside community resource tables and an engaging Lived Experience panel from our Partnership Program.

We extend our heartfelt gratitude to all attendees, volunteers and supporters! We are confident that everyone departed equipped with valuable tools to support their mental health, and, most importantly, with renewed hope. Be sure to check out our video of the day on our social media, or head over to our website to see all the information that was shared that day!

<https://www.schizophrenia.sk.ca/resources/conference-catchup>

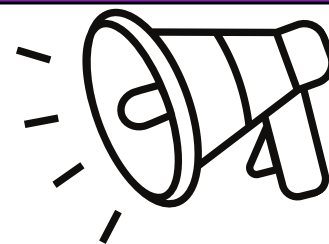


Singing with the Stars

On the evening of October 8th, 2025, we gathered for our third annual gala, Singing with the Stars! The night was a spectacular blend of amazing performances, heartfelt speeches, breathtaking silent art, and a delicious dinner. Our heartfelt thanks go out to all who played a part in making this event so meaningful, as it supports the vital work of The Schizophrenia Society of Saskatchewan.



On November 13th, we will gather again to celebrate the success of Singing with the Stars and reveal the total amount raised. A heartfelt thank you goes out to the Buckwold Family for their unwavering commitment to making this event truly exceptional!



Stay tuned to our Winter Newsletter to see the total amount raised!



Welcomes and Goodbyes!

We are saddened to announce the departure of our former Executive Assistant, Claire Amon, who joined our team in 2022 and has now moved on to a new position with the Health Region. We are incredibly thankful for her hard work, organizational skills, and much more. We wish her all the best in her future endeavors!

Join us in warmly welcoming our new Executive Assistant, Cassidy Ziegler! Cassidy brings with her a background in many different admin and office roles. She started with us just as we were gearing up for several events and fundraisers, and we are truly grateful for her willingness to dive right in. We look forward to getting to know you even better!



Join us in also welcoming our Practicum Student Najah. She is in her 2nd year of social work and will be with us until December. A little fun fact about Najah, her favorite thing to do is travel the world, she loves learning about other cultures. She recently started an A-Z travel list: visiting a country for every letter of the alphabet. She only has 3 down but hey that's a fantastic start! We welcome you Najah with open arms and are excited to get to know you more!





Upcoming Events

Saskatoon Christmas Luncheon - The Christmas luncheon hosted by the Saskatoon Partnership Program is scheduled for Wednesday, December 3rd. This gathering is an opportunity to celebrate both the festive season and our achievements in 2025. Attendance is by invitation only.

Regina Open House - Join us for our Open House celebration at 1311 Saskatchewan Dr in Regina, on Wednesday, December 19th from 2:00 to 4:30 p.m. Enjoy snacks, beverages, and engaging conversations. Come celebrate 2025 with us. We look forward to your presence!

Your Recovery Journey with WRAP

Our upcoming YRJ with WRAP program will kick off as the new year begins, starting on January 12th, and is running for five weeks via Zoom. This class is designed to support individuals with lived experiences of mental illness in reaching high levels of wellness. For more information, please refer to the poster at the end of the newsletter or contact Maria at maria@schizophrenia.sk.ca.

Family Recovery Journey

The next FRJ class started on October 30th and runs until November 27th. For more details or to register for the next class contact our head office at info@schizophrenia.sk.ca or 1-877-584-2620

Champions for Mental Health -

Our annual fundraising dinner and gala is happening in Regina on March 21st, 2026. We are excited to welcome our keynote speaker Ty Hunter, who is platinum recording artist. Tickets can be purchased through Zeffy. **For more information on this event see our poster at the end of the newsletter.**

To stay up to date on all our events & activities be sure to visit our website!

www.schizophrenia.sk.ca





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 November 11th, and is available for folks residing anywhere in Saskatchewan. If you'd like to join us contact Maria or Heidi.

Regina Drop In Peer Support Group- Join us on December 17 from 1:00pm-2:00 pm at 1311 Saskatchewan Dr. in Regina for a drop in peer support group with Ice! If you'd like more information contact Ice.

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 - 306-584-0755

Ice (Regina) ice@schizophrenia.sk.ca - 306-584-2620

Heidi (Saskatoon) Heidi@schizophrenia.sk.ca - 306-374-2224



Partnership Program.

As you start preparing for 2026 think about scheduling time for a Partnership Program presentation or a few! If you or someone you know wants to organize a presentation or needs more details about our Partnership Program, please contact one of our friendly coordinators listed below. We look forward to connecting with you!

To book a Partnership Program Presentation, contact:

Curtis (Saskatoon) at Curtis@schizophrenia.sk.ca Austin

(Regina) at Austin@schizophrenia.sk.ca David (Rural and

Northern) at David@schizophrenia.sk.ca



The Partnership Program team is always looking for new speakers, including those with lived experience with mental illness, family members, and healthcare advocates. For more information, contact the nearest coordinator listed above.



In the Community

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



Staff and Rec Participants show off their medals at the Step-Up for Mental Health Marathon.



Curtis and Laura meet with Gregor from 98Cool for an interview about Singing with the Stars.



The attendees at our Mental Health Conference on September 25th.



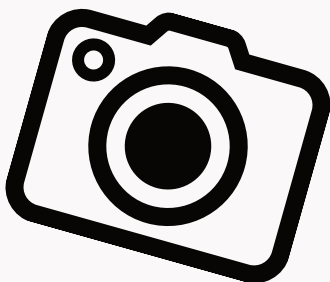
Fun was had at Rec Group's Halloween Coffee Bingo!



Key Note speaker Jessica Jensen during her inspiring speech.



Snapshot of Singing With the Stars guest.



CHAMPIONS FOR MENTAL HEALTH



SAVE THE DATE

March 21st, 2026

Delta Hotels by Marriott Regina

**Champions for Mental Health –
Platinum recording artist and lead singer of
the Hunter Brothers, Ty Hunter**



5:00pm Cash Bar & Appetizers
6:00pm Welcome & Dinner
8:00pm Keynote Speaker

To purchase tickets visit:

[https://www.zeffy.com/en-CA/ticketing/
champions-for-mental-health--2026](https://www.zeffy.com/en-CA/ticketing/champions-for-mental-health--2026)

or contact our office at (306) 584-2620



Tickets \$175

**Corporate
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\$1650

CHARITABLE TAX RECEIPT AVAILABLE.

Your Recovery Journey with WRAP

AREASONTOTOHOPE, THE MEANSTOCOPE

What is Your Recovery Journey with WRAP (Wellness Recovery Action Plan)?
An online course of the Schizophrenia Society of Saskatchewan that consists of 5-sessions for people with lived experience with mental illness to provide information and skill building support. It teaches people how to achieve a high level of wellness.

Who Should Attend?

People with lived experience with mental illness.

Location: Online -Zoom
Time: 6:30 to 8:30 PM
Cost: Free

Schedule	All Sessions are 2.5 hours
January 12, 2026	Recovery and quality of life
January 19, 2026	Wellness toolbox and daily maintenance
January 26, 2026	Triggers, early warning signs, breaking down
February 2, 2026	Crisis plan, post crisis plan
February 9, 2026	Recovery topics



Phone Maria Alvarez at: (306) 584-0755
Email: maria@schizophrenia.sk.ca