

Schizophrenia Society of Saskatchewan

Programs and Services.

Sept 25th, 2025.



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.

An overview of our programs and services.

Saskatoon Rec Group
Family Support Group
Family Recovery Journey
Youth Recovery Journey
Your Recovery Journey with WRAP
Peer Support
Partnership Program

There will be time for questions at the end, and we will provide our contact information! To review what we offer be sure to visit our website:

www.schizophrenia.sk.ca



Introductions



Heidi Fischer, Saskatoon
Office and Program
Coordinator.



Maria Alvarez, Regina
Peer Support Worker.



About us



- The Schizophrenia Society of Saskatchewan (SSS) is a non-profit organization founded in 1982 by families and friends of people with schizophrenia.
- Our mission is to improve the quality of life for those affected by schizophrenia, psychosis and related mental illness through education and support programs, and through pursuit of supportive public policy and research.
- We have staff in Saskatoon and Regina and provide support throughout the Province.



Saskatoon Recreation Group

Our monthly calendar is posted on our website!



- **This group is available to adults 18+, with lived experience of mental illness. The groups vary in size anywhere from 5 to 25 people and includes a diverse age range.**
- **All activities are free of cost.**
- **Thursday afternoons we meet for our coffee group, we typically go bowling around twice a month, and in the summer do other fun things. We also go to events and more! Some fan favorites have been visiting the Cat Café, a Christmas Pizza Party, Halloween Bingo, movies and mini-golf.**

This group is casual and with no formal agenda. Support and information about resources is often shared between folks attending, and friendships are often formed outside of group!

Joining is low-barrier! No referral is needed. Registration is not required unless it states so on the calendar for some of the events where tickets are needed or to have an idea of who will be attending.

Contact Heidi to join or for more information!



Family Support Group.



- **Meets once a month via Zoom, on the second Tuesday of the month from 7:00-8:00pm**
- **We are joined by folks across Saskatchewan, and sometimes even elsewhere! We are typically joined by 10-15 people.**
- **We occasionally bring in special guests, tailored to group needs.**

This group is a space where folks can share about their successes and challenges, offer support, ask questions, share information and learn about resources.

After each group we send a comprehensive follow-up email that outlines resources discussed. Occasional emails are also sent about upcoming events, information or classes that may be useful to members.



Family Recovery Journey (FRJ)



Offered throughout the year! Contact Maria or Heidi to join the wait list.

- **A 5-week course that is designed to support families and caregivers by providing tools and resources to manage the impact of psychosis and other mental illnesses.**

All Sessions are 2 hours

Overview of Psychosis and Schizophrenia

Living with Psychosis and Schizophrenia

Managing Crises

Lived Experience & Recovery

Building Strengths and Going Forward

We offer this class virtually so that we can reach individuals across the province, and it is taught periodically throughout the year.

Several of the sessions include guest speakers, including a psychiatrist on the final week!



Youth Recovery Journey



Offered throughout the year!
Contact Maria for more
information.

- This 5 sessions course is designed for youth ages 13 to 17 to help them build wellness tools and strategies that support mental wellness, coping skills and self-empowerment.
- We come to your location, are flexible with the timing, work with what is best for you, and we provide the workbook and other materials.



Your Recovery Journey with WRAP

Wellness & Recovery Action Plan!



Offered throughout the year!
Contact Maria to join the wait list.

- **A 5-week course that is designed to support individuals with lived-experience of mental illness to achieve high levels of wellness.**

All Sessions are 2.5 hours

Recovery and quality of life

Wellness toolbox and daily maintenance

Triggers, early warning signs, breaking down

Crisis plan, post crisis plan

Recovery topics

We offer this class virtually so that we can reach individuals across the province, and it is taught periodically throughout the year.



Peer Support



Offered throughout the year!
Contact Maria for more
information.

- Peer support is a different approach to mental health that focuses on shared experience and mutual empathy. Peer Support workers are individuals with lived experience with mental illness. They understand the challenges of living with a mental illness and can offer a unique perspective.
- Maria and Ice are our peer support workers. Maria assists families and peers, while Ice focuses on community work. They help individuals navigate the system, develop coping skills, and provide support. In Regina, we host a drop-in peer support group on the first Wednesday of each month.



Partnership Program



Our Saskatoon Partnership Program Coordinator is Curtis, and he can be reached at Curtis@schizophrenia.sk.ca

- **The Partnership Program is a stigma busting initiative built around our one-hour, anti-stigma, public awareness presentations.**
- **We share stories of recovery from mental illnesses with the public while informing them on how to seek treatment and services. Our presentations include individuals with lived experience, family members, and mental health advocates who share a slideshow on facts. There is a time for questions and resources are provided.**
- **Our Lived-experience speakers are provided a bursary in thanks for their time and dedication to the program.**

We have a coordinator for Saskatoon, Regina and Rural and Remote locations.

We give presentations in schools, post-secondaries, at community organizations, health care centres, special events, with law enforcement, and much more.



Questions?

Our Contact Info:

Heidi – Heidi@schizophrenia.sk.ca

Maria – Maria@schizophrenia.sk.ca

www.schizophrenia.sk.ca

info@schizophrenia.sk.ca



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