



SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN

Virtual Annual General Meeting



Our AGM is happening virtually via ZOOM on Tuesday
June 8, 2021 at 10:30 a.m.

In view of the COVID-19 pandemic and the related measures to protect the health and safety of all participants to the Annual General Meeting, the SSS board had decided that the AGM will be a fully virtual meeting. The meeting will be webcast using **ZOOM** video conference platform.

Please note it is important for **MEMBERS** to attend this meeting or provide their **PROXY** if unable to attend. Important changes to SSS Articles of Incorporation and Bylaws will be discussed and voted on at this meeting.

All participants will be required to register **by Tuesday May 25th, 2021.**

To register:

Please email info@schizophrenia.sk.ca. A Zoom invite and supporting documents for the meeting will then be forwarded to you. If you are receiving this notice by mail, please call 306-584-2620 to register. Please leave your name and phone number. We will mail the documents to you. If you do not have computer access to join the meeting virtually, we will provide you with details on how you can join the meeting via telephone.

PARTNERSHIP PROGRAM PRESENTATIONS – NEW AUDIENCES

- ✓ Stanley Mission/La Ronge
- ✓ Shaw TV + Youtube
- ✓ Salvation Army
- ✓ White Raven Healing Centre
- ✓ Bahai Faith
- ✓ Regina Transition House
- ✓ The Caring Place
- ✓ OutSaskatoon
- ✓ SaskPolytechnic (Correctional Students)
- ✓ First Nation University (Sociology Students)
- ✓ Early Psychosis Intervention Program
- ✓ North Central Family Center
- ✓ Saskatoon Christian School
- ✓ Renaissance by Flexera
- ✓ Great Plains College (Youthcare Worker Students)
- ✓ Dumont Technical School (Practical Nursing Students)

If you would like to book a presentation or suggest a “new” audience that we should reach out to please contact:

PARTNERSHIP PROGRAM PRESENTATION

In Regina and area, contact Sean Barschel at 306-988-8445 or sean@schizophrenia.sk.ca

In Saskatoon and area, contact Curtis Harman at 306-374-3220 or curtis@schizophrenia.sk.ca

In rural and northern areas contact Jodie at 306-584-2369 or jodie@schizophrenia.sk.ca



All about grants

For the second consecutive year, funding has been provided through a grant from the Cameco Step Up for Mental Health fund through the Saskatoon Community Foundation for staffing the Saskatoon Office and for delivery of the Family Recovery Journey Program. The Saskatoon Recreation Group Program continues to be supported by generous grants from the Community Initiatives Foundation and the Royal University Hospital Foundation Endowment Fund.

Due to grants from the City of Regina, we have been able to use technology that allows us to be part of a pilot project with E-Health to deliver programs digitally to rural and northern and urban audiences. Also, we are able to embark on a board strategic planning process.



Membership Purchase/Renew

If you would like to purchase or renew a membership the fee is \$20.00. The available payment methods are:

- E transfer: To info@schizophrenia.sk.ca. We would need to get the security answer to the security question from you. This can be provided in a reply to this email.
- Cheque or cash: This can be mailed out to Schizophrenia Society of Saskatchewan, PO Box 305, Regina SK, S4P 3A1.
- Credit card: It is possible to renew your membership over the phone using a credit card.

Your contribution is very important to ensure our programs and services are available for those with lived experience and family members or friends affected by serious mental illness across our province.

If you wish to add a donation to your membership fee, we can provide you with an income tax receipt. The only additional information we will need is your physical address.

THE SSS PROGRAMS

To Register Contact

Family Recovery Journey

gloria@schizophrenia.sk.ca (Saskatoon)
maria@schizophrenia.sk.ca (Regina)

Your Recovery Journey with WRAP


maria@schizophrenia.sk.ca

Support Group (Regina)

maria@schizophrenia.sk.ca

Saskatoon Recreation Group

gloria@schizophrenia.sk.ca



EVERY MONDAY STARTING MAY 10

YOUR RECOVERY JOURNEY

FREE ONLINE 5-SESSION COURSE FOR PEOPLE WITH LIVED EXPERIENCE WITH MENTAL ILLNESS. IT TEACHES PEOPLE HOW TO ACHIEVE HIGH LEVEL OF WELLNESS.



Instagram:
[@schizophreniasocietyofsask](#)

Facebook:
Schizophrenia Society of Saskatchewan

Twitter:
[@SZSask](#)

Visit our website:
www.schizophrenia.sk.ca



Family Recovery Journey

PRESENTED VIRTUALLY BY GLORIA
5-Classes online, every Thursday starting on May 13

Yes2Me Scholarships sponsored by the Otsuka-Lundbeck Alliance and Schizophrenia Society of Saskatchewan.



If you are a resident of Saskatchewan and have been diagnosed with schizophrenia, then you are eligible to apply for the Yes2Me Scholarship valued at \$1000!

Contact dan@schizophrenia.sk.ca for application information.

The flyer features the Schizophrenia Society of Saskatchewan logo at the top left, which includes a stylized purple and green flower. The text 'A REASON TO HOPE. THE MEANS TO COPE. SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN' and 'SOCIÉTÉ DE SCHIZOPHÉNIE DE LA SASKATCHEWAN' is displayed in green and black. Below the logo is a photograph of several hands stacked together. The main heading 'Our Programs and Services' is in large white font. The flyer lists features of one-hour stigma busting presentations and other programs like WRAP and Family Recovery Journey. Contact information is provided at the bottom, including a toll-free number, email, and website. A small thank-you note is at the very bottom.

Our Programs and Services

Our one-hour stigma busting Partnership presentations feature:

- Stories of recovery from people living with mental illness
- Up to date facts and resources
- A live Q&A with presenters afterwards

We also have programs like Your Recovery Journey with WRAP and Family Recovery Journey and these feature:

- Up to date information on different mental illnesses
- Useful strategies for practicing self-care and wellness tools
- Learn how to advocate for yourself and loved ones

**To find out more contact us Toll free at 1-877-584-2620,
email us at info@schizophrenia.sk.ca,
or visit our website at www.schizophrenia.sk.ca.**

We would also like to extend a big thank you to The City of Regina and Cameco Step-up for Mental Health, thank you for helping us share our hope with others.

Did you spot our add on the special feature promoting Mental Health Matters?

This feature ran in the Regina Leader-Post and the Saskatoon Star Phoenix on April 29, 2021!