

# Spring/Summer 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)

The blooms of Spring have arrived! They must have had a very long journey since it took quite a while for them to finally arrive and bring Spring along with them. Awesome sunshine and warm temperatures are hopefully here to stay. It was well worth the wait! Lets get out and enjoy!!

## Annual General Meeting

The Board of the Schizophrenia Society of Saskatchewan is pleased to invite you to the SSS's Annual General Meeting. The AGM will commence at 10:30 am on Tuesday June 11, 2024 at The Serbian Club (2775 Avonhurst Drive) in Regina . Please note it is important for MEMBERS to attend this meeting or provide their PROXY (assign your vote) if unable to attend. All participants will be required to register by Monday May 20, 2024.



To register: Please email [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca). The agenda with supporting documents for the meeting will be forwarded to you prior to the meeting. If you prefer to register by phone, call 1 800 584 2620 and leave your name and number.

## Become A Member

For only \$20.00, you can purchase or renew a membership! Contact our office to make arrangements.

## Steak Night

2775 Avonhurst Drive Regina, SK

Thursday May 23rd, 2024

Happy Hour & Silent Auction Viewing - 5:00pm

Dinner - 6:00pm

Vegetarian or chicken option also available



# Tickets: \$30

Less than 10 tickets left! Get yours before they sell out!

Purchasing information



Tickets can be purchased at:

- 1311 Saskatchewan Drive
- Phone: 306-584-2620
- Email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)

## Partnership Luncheon - Saskatoon

In Saskatoon, on June 14th we will be having a luncheon to present our Partnership Program Awards. In attendance will be our current Partnership Program Members, as well as some special guests and founding members. We are looking forward to having the opportunity to gather.



## Partnership BBQ - Regina

In Regina, we will be having a summer BBQ to present our Partnership Awards and show thanks to our hard working volunteers. All Partnership Program speakers and family members are welcome! Date-To Be Determined. Details to be confirmed.



## Programs & Support

**Family Support Group** - Join us on the second Tuesday of each month from 7-8pm, via zoom! Our next meeting is on May 14th, and is available for folks residing anywhere in Saskatchewan. 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 2:00-3:00 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



## Show of Hope Fundraiser

Our second annual Show of Hope Fundraiser took place on May 2nd with a showing of the Empire Strikes Back, at the Broadway Theatre in Saskatoon. This fantastic event featured appearances from costumed hero's and villains alike from the 501st Legion and some great raffle prizes.

# Partnership Program.

Our Partnership Program has had a busy year but are still available for presentations over the summer! We are always recruiting new speakers and audiences, so please do reach out if you are interested! Presentations are available in person and online.



**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!**

## Yes2Me Scholarship Returns!

The "Yes2Me" Scholarship Program through the Otsuka-Lundbeck Alliance and Schizophrenia Society of Saskatchewan might be just what you are looking for! There are 2 scholarships available this year!

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 of age on the first day of the program to be attended

Application packages will be coming in May!



## Singing with the Stars for Mental Health

October 9, 2024 - TCU Place Saskatoon

Our Singing with the Stars Fundraiser is back for another year. We've paired local celebrities with a singing star to entertain us with an inspired duet. As the duos compete, the audience shows support for their favorites by purchasing votes on an app. Come join us for an evening to remember!

Early bird ticket pricing starts May 1st, 2024. Tickets will be available through TCU Place Saskatoon.

For more information, please contact TCU place or [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)

**GET YOUR EARLY BIRD  
TICKETS TODAY!**  
AVAILABLE MAY 1ST - JUNE 30TH.



# 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 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