

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 had a productive summer, and now we're preparing for a bustling fall! Is there ever a moment when we aren't busy? Likely not, but that's just how we enjoy it! Keep reading to find out what we've been up to and the exciting plans we have in store, including a new event!

## Recent Events

### 2024-2025 AGM



On June 10th, 2025, an assortment of board members, staff and guests assembled for the Schizophrenia Society of Saskatchewan's annual general meeting (AGM) for the 2024-2025 period. We appreciated the chance to review this year's achievements, talk about our goals for the future, and present awards to some of our deserving partners and community members

We are grateful to everyone for their presence and encouragement! To access our annual report, please visit our website, click on "About Us," and scroll to find the relevant link.

### Partnership Luncheon - Saskatoon

On June 25th in Saskatoon, we came together for a luncheon to express our gratitude to our speakers and present awards! Present at the event were our current Partnership Program Members, along with special guests and founding members. This year, we celebrated two speakers who achieved their 15-year milestone, and one speaker who reached an impressive 20 years!



### Partnership BBQ - Regina

On June 27th, the Regina Partnership Program came together for a BBQ to celebrate the achievements of our Regina Team! We were joined by staff, board-members, volunteers and other community members. This year we had one speaker reach their 5 year milestone! It was wonderful to get together and enjoy each other's company.



## Regina Steak Night Fundraiser

On May 22nd, 2025 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 extend our sincere thanks to all who helped to make this evening possible!



## Show of Hope Fundraiser

Our third annual Show of Hope Fundraiser was held on May 1, 2025, featuring Return of the Jedi at Saskatoon's Broadway Theatre. The event drew a large crowd and successfully raised funds and awareness. We are grateful to our sponsors, volunteers, staff, and attendees for making the event a success!

## Welcome

### Summer Student

Join us in welcoming our summer student, Jenna Buckner who has joined us fresh from finishing her first year of Psychiatric Nursing. Jenna has been busy learning about all the various programs we offer and has been a valuable asset in assisting us in the office!



### Resident Psychiatrist

We are happy to welcome our new Resident Psychiatrist, Dr. Cameron Kreuger, who started on July 21st. Appointments are available on select Monday mornings. To schedule an in-person appointment in Regina or a telephone meeting, please reach out to our main office toll-free at 1-877-584-2620 or email us at [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca).

Our Meet the Resident Psychiatrist program offers a unique opportunity to speak with a psychiatry student in their final years of study. Please note that the Resident Psychiatrist does not prescribe medication or provide diagnosis, but they are available for your questions! Some potential topics to discuss could include resources, symptoms, side-effects, coping strategies, and much more!

# Upcoming Events

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

Join us at the Schizophrenia Society of Saskatchewan's "Reason to Hope, Means to Cope" Mental Health Conference, an extraordinary event you won't want to miss! Taking place on Sept. 25<sup>th</sup> from 8:15am – 4:30pm at Prairieland Park in Saskatoon.

Prepare to be inspired by powerful stories and gain practical tools for your mental health journey. Our two dynamic keynote speakers, Dr. Greg Wells and Jessica Janzen, will set the stage for a day filled with insight and motivation. Plus, enjoy a variety of engaging breakout sessions and information tables from local community resources.

Tickets are just \$30 and include both breakfast and lunch! This event is perfect for individuals and families with lived experience, professionals, post-secondary students, or anyone with an interest in mental health.

Visit our website for more details and to secure your tickets today!



## Singing with the Stars for Mental Health

Join us for an unforgettable evening at the 3rd annual "Singing with the Stars" fundraiser, happening in Saskatoon on October 8th, 2025. This exciting event promises a delightful blend of lighthearted competition, spectacular performances, and delicious food. Secure your tickets now at TCU Place or visit our website at [www.singingwiththestars.ca](http://www.singingwiththestars.ca) for more information!

This year's event promises to be more thrilling than ever, with local celebrities and singers showcasing their performing prowess. Whether you're a music enthusiast or simply looking for a fun night out, "Singing with the Stars" is the perfect opportunity to enjoy an evening filled with laughter, entertainment, and support for a good cause. Don't miss out on this chance to be part of a truly special night!



Contact our office at [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca) for assistance, and for additional information on these events and please see our posters 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 12th, 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.

**Family Recovery Journey**- Both Heidi and Maria facilitate Family Recovery Journey, periodically throughout the year. The future dates will be posted on our website and social media when they are finalized. Contact us for more information or to be placed on a waiting list.

**Your Recovery Journey with WRAP** - Join Maria in this course designed to assist individuals living with mental illness in reaching high levels of wellness. Upcoming dates will be announced shortly. For more details or to join the waiting list, please reach out to Maria.

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

**Regina Drop-In Peer Support Group** - This group is a peer-led space, designed for individuals seeking assistance with mental health, skill development, and personal goals in a non-clinical environment. It is also an opportunity to learn what peer support is all about. This group is lead by Ice and occurs once a month with the next one taking place on July 31<sup>st</sup> at 1:00-2:00pm at our Regina office. Contact Ice for additional details. Ice - Ice@schizophrenia.sk.ca - 306-584-2620

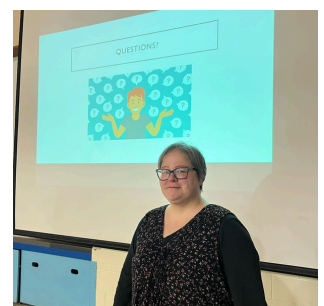
## Partnership Program.

Over the summer months our presentations typically slow down, and we are eager to embrace the new school year! If you or someone you know is interested in scheduling a presentation or would like more information about our Partnership Program, please reach out to one of the coordinators listed below. We can't wait to connect with you!

**To book a Partnership Program Presentation, contact:**

- Saskatoon area (Curtis) at Curtis@schizophrenia.sk.ca
- Regina area (Austin) at Austin@schizophrenia.sk.ca
- Rural and Northern (David) at David@schizophrenia.sk.ca

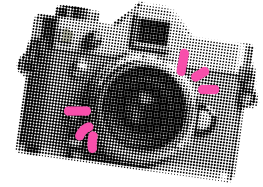
**With Zoom presentations we can reach anyone anywhere!**





# In The Community

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



**Staff, volunteers and board members and a few new friends at our Star Wars fundraiser.**



**Austin greets attendees at our Steak Night Fundraiser.**



**Staff and participants at the Mental Health Week walk and BBQ.**



**Heidi shares information at the UofS Volunteer Fair.**



**Maria reads her reports at the AGM.**

The Schizophrenia Society  
of Saskatchewan Presents:

# A Reason To Hope The Means To Cope

## Mental Health Conference 2025

Prairieland Park – Hall A – Saskatoon, SK.

**Sept. 25th, 2025 8:15–4:30pm**

### KEYNOTE SPEAKERS



#### Dr. Greg Wells

A scientist, human physiologist, and best-selling author who translates complex science into practical strategies for improved mental health and peak performance.

#### Jessica Janzen

A bestselling author, entrepreneur, philanthropist and mental health advocate who draws on her own struggles to empower others. She leads change through her foundation, Love for Lewiston.



#### Many great breakout sessions to choose from including:

- Sense-ability and Awareness
- Trust & Estate Planning
- What is Peer Support?
- Acceptance and Commitment Therapy

#### Additionally there will be:

A Lived Experience Panel with Discussion.

Tradeshow booths showcasing Mental Health supports in the Community.

### Ticket Info:

**Tickets are \$30 which includes breakfast and lunch.**  
**Contact [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca) for more information**

If you or your family member live with mental illness and cost is a barrier to you attending – assistance is available, please contact us.

Scan here to get your tickets now!





**STAREGG**  
presents

# SINGING WITH THE STARS

FOR MENTAL HEALTH



## GET YOUR TICKETS

**\$250/TICKET**

**08 OCT 2025**

**TCU PLACE - BANQUET HALL**

5:00 PM – DOORS OPEN (COCKTAILS & APPETIZERS)

6:00 PM – WELCOME – PROGRAM STARTS

6:30 PM – 3 COURSE MEAL

8:00 – SHOWTIME



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

CHARITABLE TAX RECEIPT FOR PORTION OF TICKET PRICE