

Winter 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**

Is it truly time for our next newsletter already? With the changing seasons upon us, it must be! Since we last touched base, we have been busy with numerous activities and have some thrilling events on the horizon. So, keep reading to discover all the details!

Singing with the Stars

On October 9th, 2024, we came together for our second annual Singing with the Stars fundraising gala! It was a fabulous evening filled with incredible performances, touching messages, stunning artwork, and a delightful meal. We are deeply grateful to everyone who contributed to making this gathering so significant, as it will help sustain our ongoing efforts here at The Schizophrenia Society of Saskatchewan.

Some of our
amazing
singing duo's!



On November 1st, we gathered again to celebrate the success of our event and reveal the total amount raised. Attendees included a diverse group of staff, volunteers, singers, program participants, and local media.

We are overjoyed to announce that we raised an incredible \$143,500.00!

A heartfelt thank you goes out to the Buckwold Family for their unwavering commitment to making this event truly exceptional!



ASIST

This past year, we are proud to have conducted three workshops in the community on Applied Suicide Intervention Skills Training (ASIST). After completing these sessions, our staff trainers, Sean and Heidi, became fully certified trainers, which is wonderful news!

Looking ahead to 2025, we plan to offer more workshops, at a subsidized rate. We will announce dates soon, so be sure to keep an eye out for updates if you're interested!



Upcoming Events

The Saskatoon Partnership Program - Christmas luncheon will be taking place on Wednesday, December 4th. We will be gathering to celebrate the season and our accomplishments for 2024. This event is by invitation only.

Connect with us at our Open House celebration in Regina, on Wednesday December 20th, 2:00-4:30pm. Snacks & beverages will be provided, with lots of great conversation. We hope to see you there!



Your Recovery Journey with WRAP

Our upcoming YRJ with WRAP program will kick off as the new year begins, starting on January 13th, 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 starts on February 19th and lasts five weeks on Zoom. It is for families, caretakers, and friends supporting individuals with mental illness. For more details, see the poster at the end of the newsletter or contact Heidi at heidi@schizophrenia.sk.ca.



Champions for Mental Health - Our annual fundraising dinner and gala is happening in Regina on March 15th, 2025. We are excited to welcome our keynote speakers David Hansen and Dr. Ken Harrison! Tickets are on sale now, and can be purchased by visiting: <https://tinyurl.com/222h8fze> or contacting our office at 306-584-2620. For additional information on this event please see our poster 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 Dec 10th, 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 2:00-3:00pm 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
Heidi (Saskatoon) Heidi@schizophrenia.sk.ca - 306-374-2224



Partnership Program.

As you begin planning for 2025, consider setting aside time for a Partnership Program presentation (or several!). If you or someone you know is interested in arranging a presentation or would like additional 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:
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!

Curtis, Laura Buckwold, and host Gregger promoting Singing with the Stars, on radio.



All of the Singing with the Stars duos joined together for their final group number!



The Saskatoon Rec Group having a fun Halloween party.



Mary, Stephanie, and Bronwyn shared their stories as Partnership Speakers with the Saskatoon Public Library in November 2024.





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Family Recovery Journey

February 19th - March 19th, 2025

Location: Online

Time: 6:30 - 8:30 PM

Cost: Free

What is the Family Recovery Journey?

It is an educational program of the Schizophrenia Society of Saskatchewan that focuses on providing tools for managing the impact of psychosis.

Who Should Attend?

Family members, friends and caregivers of people who experience psychosis and related mental illness.

Schedule	All Sessions are 2 hours
Feb. 19th, 2025	Overview of Psychosis and Schizophrenia
Feb. 26th, 2025	Living with Psychosis and Schizophrenia
Mar. 5th, 2025	Managing Crises
Mar. 12th, 2025	Lived Experience & Recovery
Mar. 19th, 2025	Building Strengths and Going Forward

Phone Heidi Fischer at: (306) 374-2224

Email: heidi@schizophrenia.sk.ca

Unable to attend these dates? We offer this class throughout the year! Get in touch to put on the waitlist!



JOURNEY



**Space is Limited.
Register Today!**





Your Recovery Journey with WRAP

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What is Your Recovery Journey with WRAP? (Wellness Recovery Action Plan)
It's 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 13th, 2025	Recovery and quality of life
January 20th, 2025	Wellness toolbox and daily maintenance
January 27th, 2025	Triggers, early warning signs, breaking down
February 3rd, 2025	Crisis plan, post crisis plan
February 10th, 2025	Recovery topics



Phone Maria Alvarez at: (306) 584-0755

Email: maria@schizophrenia.sk.ca



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 Cash Bar & Appetizers

6:00pm Welcome & Dinner

8:00pm Keynote Speakers



To purchase tickets visit:
<https://tinyurl.com/222h8fze>

or contact our office at (306) 584-2620

CHARITABLE TAX RECEIPT AVAILABLE.

Tickets \$150

**Corporate
Table of 8**

\$1500

