



# PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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## Discover “Where to Find Help in Grey Bruce”

Use this insert as a quick-reference guide

One of the goals of the Community Network Support Team (CNST) is to enhance local knowledge about resources related to mental health and addiction amongst system stakeholders. CNST has found that one of the most effective and popular tools that we have employed has been ‘Where to find Help in the Grey Bruce Area’.

“Where to Find Help in the Grey Bruce Area” was first produced and released as a supplement in the summer edition of the Pivot in 1996. In the seven years that have followed it has become a traditional feature of our summer Pivot.

“Where to Find Help in the Grey Bruce Area” is a quick reference pamphlet listing 79 various mental health, addiction and social services within the Grey Bruce area.

The pamphlet is divided into eight categories;

- Addiction Services
- Crisis/Distress Telephone Lines
- Housing Services
- Mental Health Services
- Referral & Public Education
- Self-Help/Support
- Social Services/Income/Financial
- Youth Services

In 2002 we produced and distributed over 3200 copies to various individuals and agencies in Grey Bruce. To promote even greater distribution of this resource CNST encourages the reproduction of “Where to Find Help in the Grey Bruce Area” as long as reference is given to CNST.

Last year CNST made arrangements to have an electronic version of ‘Where to Find Help in the Grey Bruce Area’ posted on the internet. The “Mental Health Addictions Grey Bruce” website (mhagb.ca) is a detailed listing of local mental health and addiction services funded by the Ministry of Health and Long Term Care. The website also hosts the most current versions of “Where to find Help in the Grey and Bruce Area” and the “Pivot”. These two resources are both printer friendly and can be downloaded for your use.

I hope that you find this updated version of “Where to Find Help in the Grey Bruce Area” helpful. Copies are also available at the CNST office. This same updated version can also be found on the website mhagb.ca. *Shane Barker, CNST Director*

## Consumer/Survivor newsletter

### Get your copy

*People in Progress* is a newsletter written by Consumer/Survivors for Consumer/Survivors. It began to take shape as a series of workshops held in combination with the Quill Learning Network in Hanover, Walkerton, and Owen Sound. The putting together of this newsletter has been a wonder-

ful opportunity for Consumer/Survivors to work together, meet people and share their creativeness and literary skills in a genre created specifically for them.

*People in Progress* will be circulated in the coming weeks at a variety of locations and will be available at the Consumer/

Survivor Development Project and the Community Network Support Team’s library, 1139 2<sup>nd</sup> Avenue East in Owen Sound.

*Jim Lonie, Project Coordinator, Consumer/Survivor Development Project*

## Local health providers assist mental health consumers with smoking cessation

On Thursday, June 12<sup>th</sup>, 2003 more than thirty concerned health providers from Grey and Bruce, Barrie and Collingwood attended a workshop to learn the reasons why smoking rates are very high among people experiencing mental illness and to discuss the challenges and strategies to promote smoking cessation among clients.

Dr. Peter Selby, an Addiction Medicine Specialist and Head of the Nicotine Dependence Clinic at the Centre for Addiction and Mental Health (CAMH), was brought in as facilitator for this Owen Sound event through the concerted efforts of the Program Training & Consultation Centre (PTCC) and the Mental Illness & Smoking Issues Committee (MISI) of Owen Sound. Dr. Selby's Power-Point presentation, open-floor discussion and well-illustrated case examples of individuals changing their smoking habit were offered as part of PTCC's mandate to provide training and consultation services which enhance the capacity of Ontario communities to implement effective tobacco control strategies.

A meeting at Grey Bruce Health Services, Owen Sound site,

with Dr. Selby, Les Dobisz, M.S.W., R.S.W. (Aftercare Worker) and the hospital psychiatrists followed the half-day workshop. This informal educational luncheon was proposed to Dr. Gormandy, Chief of Psychiatry and his colleagues to provide them with the most recent research/information to assist patients who are struggling with their smoking habit or contemplating reduction.

One of the core objectives of MISI is to provide opportunities for local professionals to learn new skills that will assist them in helping mental health clients who wish to make positive change towards a healthier lifestyle. Dr. Selby is one of the leading authorities in the field of promoting smoking management, and he later shared his expertise with local family practitioners, pharmacists and dentists in an evening dinner presentation at the Days Inn hosted by the Grey Bruce Health Unit.

Speak to your mental health worker, family doctor or psychiatrist if you are interested in reducing your smoking habit. Ask for the most effective treatment options. Some of the treatment

options that Dr. Selby addressed included various medications, Nicotine gum, the Nicotine patch and counseling.

For further information contact MISI Committee at 371-6317 or Email: ldobisz@gbhs.on.ca.

Of related interest <http://www.stopsmokingcenter.net/> is The Stop Smoking Centre website that provides an interactive opportunity to connect with experienced quitters in an on-line support group. You can find a "quitting buddy" or create a customized quit-program that will track your progress and give you help when you need it most. The program is free and available online at the address indicated. Some other related internet links that may be helpful are: [www.gosmokefree.com](http://www.gosmokefree.com), [www.quitnet.org](http://www.quitnet.org), [www.stop-tabac.ch](http://www.stop-tabac.ch) and [www.quit4life.com](http://www.quit4life.com).

For more information on a quitting/reducing smoking self-help group for people with mental illness, contact Steve at 376-8433. *Louise Chase, Consumer/Survivor Development Project, Les Dobisz M.S.W., R.S.W, Aftercare Worker, North Grey Community Mental Health Team*

## "Family Coping Skills" education series to start soon

The *Family Support Initiative* will be holding a Family Coping Skills Education Series in Owen Sound this fall **Coping with the mental illness of a relative or friend**. This four week series is designed for families of persons diagnosed with a serious mental illness.

The goal of the educational series is to assist family members who live with the reality of mental illness in their family.

The course will cover:

- Coping strategies
- Handling anger constructively
- What it's like to be mentally ill
- Communication skills/ problem solving
- Creating a low stress atmosphere/stress management
- Handling violent/disruptive/self-destructive behaviour

The dates of the series are as follows:  
September 15, 22, 29, Oct. 6<sup>th</sup>  
on Monday evenings – 7:00 to 8:30  
in Owen Sound.

**Sessions are free but you must pre-register by calling the Family Support Initiative at 371-4802.**

# Where to Find Help in the Grey Bruce Area - July 15, 2003

Where to Find Help in the Grey Bruce Area is produced by the Community Network Support Team (CNST) and may be reproduced as long as reference to CNST is given.

The programs and services in *Where to Find Help in the Grey Bruce Area* are listed under the following eight headings:

## Addiction Services

## Crisis/Distress Telephone Lines

## Housing Services

## Mental health Services

## Referral & Public education

## Self-Help/Support Groups

## Social Services/Income/Financial

## Youth Services

### ADDICTION SERVICES

#### Addiction Day Treatment Program

376-2121, ext.2036

Provides assessment, day treatment, group therapy, individual therapy, family and marriage counselling, education, follow-up services and relapse prevention groups for individuals 16 years and over who have substance abuse related problems. Consultation with other agencies is also provided.

#### Centre for Addiction & Mental Health

371-6317

Web site: www.camh.net

CAMH Info:1-800-463-6273

Email: dbeatty@bmts.com

Provides information, resources, training opportunities and health promotion consultation related to substance abuse or mental health issues in Grey Bruce. The Owen Sound office links the local community with current research and knowledge available through CAMH in Toronto.

#### Chippewas of Nawash Addiction Awareness Centre

534-3710

Helps native people understand their addictions, weaknesses and problems through a constructive program. Assists native people to recognize their inner strengths and helps determine responsibility over their own lives and destiny. Provides materials/information to assist in rehabilitation.

#### CHOICES: Drug and Alcohol Counselling for Youth

371-5487

See listing under *Youth*

1-800-265-3133

#### G & B House

376-9495

A 15 bed, long-term residential treatment facility for adult male substance abusers. We provide individual and group counselling as well as life skills coaching in a home-like atmosphere.

#### M'Wikwedong Native cultural Resource Centre

371-1147

Delivers counselling and assessments to native and non-native residents of Owen Sound and area who are concerned about their own or significant other's alcohol or drug problems. Clients saw on an individual, group or family basis. Outreach available to native peoples within the correction's system. All programs are culturally appropriate.

#### New Directions for Alcohol, Drug and Gambling Problems

371-1232

1-800-265-3133

Community service for individuals with alcohol, drug and/or gambling problems as well as for individuals who are affected by someone else's gambling, and/or alcohol or drug use. Services are offered in various locations throughout Grey and Bruce. The programs offer assessments, referrals, counselling, information sessions and family support. Services are free and are offered Monday to Friday with some evening appointments available.

#### Saugeen Native Drug & Alcohol Counselling Centre

797-2882

Assists residents of the Saugeen First Nations to forego drinking and drug dependency by means of awareness/acceptance/treatment of alcoholism. Self-help groups, emergency transportation for detoxification purposes, referrals and youth worker available for teens on reserve.

#### Withdrawal Management Services

376-5666

Provides a safe and supportive environment in which individuals who are intoxicated or in withdrawal can detoxify. Assessment, referral, motivation towards positive lifestyle change and group sessions (i.e. Introduction to Recovery) are provided. Supportive housing can also be provided to clients attending the Addiction Day Treatment Program or waiting for residential treatment outside Grey Bruce.

### CRISIS/DISTRESS TELEPHONE LINES

#### Crisis Intervention Team

376-2121, ext. 2450 or 1-888-525-0552

Multi-disciplinary team provides assessment, consultation and referral for psychosocial and psychiatric emergencies. Available 24 hours a day. 7 days a week at the Owen Sound Hospital.

#### Distress Line of Grey Bruce

371-8485 or 1-888-371-8485

A friendly listening service for anyone needing someone to talk to. Phones are answered by trained volunteers from 2:00 p.m. to 6:00 a.m. seven days a week.

#### Kids Help Phone

1-800-668-6868

A toll-free 24 hour helpline for troubled and abused children and teens from 4 to 19 years. Professional counsellors offer assistance to children with a wide variety of problems, issues and concerns. Confidential.

#### Sexual Assault Care Centre

376-2121 ext 2458

Provides consultation and/or counselling to men and women who have been sexually assaulted/abused, and to their families. Provides consultation and training to health professionals in Grey and Bruce counties. Provides information and education to the public and non-profit organizations.

#### Sexual Assault Centre of Grey & Bruce

369-6633

1-800-720-7411

Provide support services to any woman/teenage girl who has experienced any form of sexual violence or harassment. Individual counselling available in various Grey Bruce communities. Volunteer driving can be arranged. The 24-hour helpline is staffed by trained volunteers who provide supportive listening, information and referral. Also provides accompaniment to hospital, police and court. Group counselling also available.

#### The Women's Centre (Grey & Bruce) Inc.

376-0755

Crisis: 371-1500 or 1-800-265-3722

Provides support services to women in crisis including safe shelter, short-term affordable housing, 24-hour crisis line, transportation, counselling, information and advocacy. Services also provided to women who have experienced sexual assault. We lend materials about abuse, promote an equal position for women in society, and engage in public education to end violence against women and children.

#### Victim Services of Bruce Grey and Owen Sound Inc.

376-7474

Walkerton 881-1497, Warton 534-0005 or 1-888-265-3722

Provides confidential emotional, practical and community referral support to victims of crime, tragic circumstance and disaster. Operates 24 hours/7days.

#### Women's House of Bruce County

396-9814

Web site: www.whbc.on.ca

Crisis: 396-9655 or 1-800-265-3026

Email: crisis@whbc.ca

A non-profit organization to help women affected by abuse. Services include: safe, supportive shelter for women and their children; 24-hour crisis line; community counselling services in Chesley, Hanover, Port Elgin, Kincardine and Walkerton; peer support groups; a children's program; public speaking; and community education, Transportation is available.

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## HOUSING SERVICES

**Bruce County Housing Corporation** 396-3439 or 1-800-265-3022  
Provides rent geared-to-income and market housing to families, senior citizens, singles, childless couples and people with disabilities in Chesley, Kincardine, Lucknow, Mildmay, Port Elgin, Ripley, Southampton, Teeswater, Walkerton and Wiarton.

**Bruce Peninsula Health Services Housing Corp.** 534-4388  
Provides a range of housing and support services to adults with serious mental health problems from Grey and Bruce counties. Housing services include: Supportive Housing, Community Outreach and Housing Registry. Support Services include: Social/Leisure, Life Skills Group and Employment Services.

**Community Connections: Housing & Support** 371-2390  
1-800-235-2967

Provides Residential Programs and Community Outreach Support to adults with serious mental illness. Residential Programs provide safe, affordable housing in a supportive environment where skills are developed for independent living. Community Outreach Support is offered in people's homes via the Community Mental Health Teams. Group services offer skills training and social/recreational services. Housing Registry and Support Services are offered to landlords and tenants. The Apartment Program leases up to 40 subsidized private sector units.

**Grey County Housing** 376-5744  
Email: dbrainard@greycounty.on.ca  
Provides geared-to-income housing to families, seniors and singles in Grey County and Owen Sound area.

**Housing Support Program** 371-9222  
(A program of the Y Community & Employment Services) 1-800-265-3711  
Helps youth find temporary or permanent housing in Grey Bruce. Maintains a Housing Registry (a listing of available accommodations). Matches youth with host families temporarily while a more permanent solution is found. Youth seeking housing must be attending work or school. Please give us a call if you are interested in becoming a host family or if you have an apartment to rent.

**Samaritan House Ministries** 371-1517  
Offers emergency shelter for men aged 16 and over for short/and longer-term hostel accommodation. The Good Sam dining area also offers low-cost meals twice a day on weekdays and once on Saturdays. Referrals to agencies including welfare, clothing, housing, crisis, detox and credit counselling are made.

**The Women's Centre (Grey & Bruce) Inc.** 371-1600  
See listing under *Crisis/Distress* 1-800-265-3722

**Women's House of Bruce County** 396-9814  
See listing under *Crisis/Distress*

## MENTAL HEALTH SERVICES

**Assertive Community Treatment Team** 376-2121 ext 2386  
ACTT provides intensive community based services for persons with severe mental illness. Provides treatment, rehabilitation and support using a multi-disciplinary client centered approach. Purpose is to provide interventions and support to enable clients to live in their community of choice and engage in activities, which are meaningful to them.

**Bruce Grey Children's Services** 371-4773 or 1-800-567-2384  
See listing under *Youth*

**Bruce Shoreline Site of CMHA** 797-2880  
A program offering counselling and intensive case management to people with serious mental illness, and to those in crisis, and to their families. Services are offered in the Bruce shoreline area with service sites in Southampton and Kincardine.

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## MENTAL HEALTH SERVICES, continued

### Community Mental Health Teams

Central Grey Bruce Team (Hanover and area) 364-7788  
North Bruce Team (Wiarton and area) 534-4388  
North Grey Team (Owen Sound and area) 371-8850  
South Grey Team (Markdale and area) 986-3030

Teams provide mental health services for adults (16 years and over) and their families, and to people who are in acute need of mental health services. Services include: Counselling (long and short term and post-emergency), Case management, Short-term Outreach Treatment, Community & housing support services, Crisis intervention and Psychiatric and Psychological consultation. Teams also provide consultation to health and social service agencies, and information and education for the general public.

**Community Mental Health Service Coordinator** 376-2121 ext.2480  
Email: dmckenzie@gbhs.on.ca

Provides information and education to health care professionals, community services, consumers and family members regarding Community Treatment Orders, the Mental Health Act and the Health Care Consent Act (1996).

**Consumer/Survivor Development Project** 371-4582  
Promotes self-help activities, which allow consumers opportunities for networking, information exchange, and support. Works to increase the support and education available to those with mental illness, and partners with consumer/survivors, existing consumer/survivor groups and service providers to enhance community linkages and education.

**Dual Diagnosis Coordinator** 376-2121 ext 2857  
Email: jhealey@gbhs.on.ca

Provides a community resource contact to link services for people with a developmental disability and mental health needs. Can assist healthcare and developmental service professionals and families to access support services for dually-diagnosed people. Also provide links to training and information on the topic of dual diagnosis.

**Family Support Initiative** 371-4802  
Promotes self-help activities, which allow families opportunities for networking, information exchange and support. Provides support, information and education for family members and friends who care about persons with serious mental illness. Works in partnership with the formal and informal mental health system to create a supportive, compassionate and responsive network for family members who are dealing with mental illness.

### Leisure Links Program

The Coach House (Markdale and area) 986-7491  
The Green House (Wiarton and area) 534-4423  
Union Place (Owen Sound and area) 376-8433  
The Loft (Walkerton and area) 881-3031

These four sites offer social and leisure activities for adults with serious mental illness. Activities include: Drop-in activities (during specific, posted hours depending on location), and Planned social and recreation activities (based on participants' interests).

## REFERRAL AND PUBLIC EDUCATION

**Alzheimer Society of Grey Bruce** 376-7250 or 1-899-265-9013  
A charitable, non-profit organization committed to relieving the effects of Alzheimer Disease on the individual and family/caregiver, and to supporting research to find a cause/cure. Provides advocacy, education, awareness of disease, supports to care givers and funding of research.

**Anishnabek Child & youth Prevention Services** 797-5000  
See listing under *Youth*

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**Grey Bruce Health Unit** 376-9420

Work to prevent disease and provide leadership in health protection and promotion. Public Health encourages good health through the following programs and services: Cancer; Communicable & Infectious Diseases; Dental Services; Family Health; Food Safety; Health Hazard Investigation; Heart Health; Immunization; Injury Prevention; Nutrition; Physical Activity; Rabies Control; Safe Water; Sewage Disposal Systems; Sexual Health; Tobacco & Health; Traveler Information.

**Canadian Mental Health Association, Grey Bruce Branch** 371-3642

A charitable, not-for-profit agency which offers information on subjects dealing with mental health and mental illness. A variety of pamphlets and a small resource library are available in our office. Youthnet is a mental health awareness program for youth, offered by youth, throughout Grey and Bruce counties.

**Community Network Support Team** 371-4551

Email: cnst@gbchc.org  
Provides information, education, consultation and program development assistance to organizations, agencies, groups, consumer/survivors, families and other individuals who share an interest in mental health. The goal is to contribute to the knowledge, resources and service coordination of both the formal and informal mental health services in Grey Bruce.

**Grey-Bruce Government Information Centre** 376-6226

Email: greybrucegic@bmts.com 1-888-647-3654  
Answers to frequently asked questions about government services; referrals to government staff who can provide specialized help; application forms for birth, marriage or death certificates, passports, pardons, social insurance numbers etc.; Access to internet to search government sites.

**Grey Bruce Palliative Care Hospice Association** 376-0419

Email:mpalmer@log.on.ca 1-800-304-0080  
Pain and Symptom Consults: 794-3571  
Provides information and support for individuals and families living with a life-threatening illness. Pain and symptom management, consultation, hospice volunteer visiting, palliative care education and bereavement support.

**Grey Bruce Community Care Access Centre** 371-2112

Web site: www.g-bccac.org 881-1181  
Email: general@gb.ccac-ont.ca  
Offers help for clients with acute or chronic illness or disabilities, those requiring placement to a long-term care facility and children with special needs requiring assistance to attend school. Services include: Information and Referral, Casemanagement, Long-term Care Placement Coordination, Nursing, Dietetic Counselling, Occupational Therapy, Physiotherapy, Speech Language Pathology, Social Work, Homemaking/personal Support, as well as providing some medical supplies and equipment.

**Ontario Early Years Centres** Hanover 364-6025 or 1-866-483-7774

See listing under *Youth* Walkerton 881-2739 or 1-800-616-8116

**Owen Sound and Brockton Focus Project** 376-9420 ext 281

Web site: www.focus-alcohol.org  
Email:mbarclay@publichealthgreybruce.on.ca  
An injury prevention project funded by the Ministry of Health and Long Term Care. The Focus Project is a community-based coalition that supports research, policy formation and local initiatives to reduce injury associated with alcohol and other drug use and abuse in the local population. The Focus Project makes public information and health education resources available to the community.

**Queen's Bush Rural Ministries** 369-6774

Provides a compassionate ear to problems in rural community. Provides information and referral to appropriate services in the area. Expertise in assisting farmers, their families and others coping with the stresses of agriculture.

**Quill Learning Network** 881-4655 or 1-800-530-6852

Provide information and referral service about literacy, basic skills upgrading and employment training readiness program in Grey Bruce. Also provide literacy awareness sessions and clear language consultations to agencies.

SELF-HELP/SUPPORT GROUPS

**Alcoholics Anonymous** 376-4193

Provides a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism. Only requirement for membership is a desire to stop drinking. No dues or fees.

**Al-Anon Family Groups** 376-4193

Includes Adult Children of Alcoholics & Alateen.  
Confidential self-help through shared experience for family and friends of alcoholics. Provides welcome, comfort, strength and hope in order to solve the common problem of living with an alcoholic.

**Alzheimer Support Groups** 376-7340 or 1-800-265-9013

Caregiver Support Groups offer practical coping and caregiving strategies and address ongoing grief associated with dementia care, in a positive and supportive setting. Groups meet monthly throughout Grey Bruce.  
Early Stage Support Groups for those diagnosed with dementia run each Spring and Fall. Please call for times, locations and/or more information.

**Breastfeeding Buddies** 376-9420

Meets monthly in Owen Sound to exchange information on chronic fatigue syndrome and fibromyalgia. Informal group setting, often a featured speaker.

**Grey Bruce Breast Cancer Support Group** 376-0592

A group of women who have experienced breast cancer who meet the 2nd Monday of each month to offer support to one another. We strive to provide speakers and printed information to benefit members. We believe there is strength in numbers.

**Grey-Bruce Parent Finders** 371-6658

A group of women who have experienced breast cancer who meet the 2nd Monday of each month to offer support to one another. We strive to provide speakers and printed information to benefit members. We believe there is strength in members.

**Head Injury Association -Grey Bruce** 373-8555

Volunteers whose mission is to reduce the isolation of members by encouraging support networks and helping search for biological family members. Consults and shares resources with other organizations.

**People First of Owen Sound** 376-6854

Promotes equality for all persons who have the experience of being labelled developmentally disabled. Teaches the community about the rights, abilities and strengths of such people. We assist each other to speak-up for ourselves and make our own decisions.

**Recovery Inc.** Port Elgin 934-2869

A community mental health organization that offers a self-help method of will training for people with mental and emotional problems.

OTHER SOCIAL SERVICES (INCLUDING INCOME/FINANCIAL)

**Bruce County Ontario Works** 881-0431 or 1-800-265-3005

Provides financial assistance under Ontario Works Program, family support program, subsidizes homemaker/nurses service, municipal job development, employment counselling and day care services.

**Credit Counselling** 1-800-268-0903

(A program of Family Services Perth-Huron, Grey-Bruce)  
Email: fsph@orc.ca  
We are a not-for-profit, accredited, government licensed, credit counselling organization that offers help with debt and budget problems, creditor approved debt consolidation and certified bankruptcy counselling.

**Grey-Bruce Legal Clinic** 370-2200 or 1-877-832-1435

A law office which provides free legal information, advice and representation, as well as other services, to low income residents of Grey and Bruce counties.

OTHER SOCIAL SERVICES, continued

**Grey County Social Services** 376-7324

Web site: [www.greycounty.on.ca](http://www.greycounty.on.ca)

The Social Services Department encompasses Ontario Works, Children's Services and the Intake Screening Unit. Ontario Works provides financial and employment assistance to residents who qualify as people in need. Additional services are offered through emergency housing, homemaking, hostels, shelters, Special Assistance and indigent funerals. Children's Services has Child-Care System Management responsibility for all children's programs. Children's Services are available to the general public.

**Grey County Employment Resource Centre** 369-5058

Web site: [ww.greycounty.on.ca](http://ww.greycounty.on.ca)

Email: [surham@greycounty.on.ca](mailto:surham@greycounty.on.ca)

A non-profit organization providing employment services, including job-search, resume writing, newspapers, fax, photocopying and general information, etc. All are welcome to visit the Centre.

**Home and Community Support Services** 372-2091

Web site: [www.bmts.com/~hcscs.gb](http://www.bmts.com/~hcscs.gb)

Email: [hcscs.gb@bmts.com](mailto:hcscs.gb@bmts.com)

A team of caring staff and volunteers provide community based services that support independence and enhance the quality of daily life for seniors, adults with disabilities and their families. We are a non-profit, volunteer-driven organization, delivering the following programs across Grey and Bruce: Meals on Wheels, hot and frozen; Friendly Visiting; Transportation; Home Maintenance referral; Telephone reassurance; Day Away Programs; and Caregiver Support.

**Owen Sound Good Food Box** 371-6642

A once-a-month food buying co-op program. Fresh fruit and vegetables are purchased at wholesale prices. Volunteer packers keep prices low. Other locations in Grey Bruce serviced by Good Food Box.

**Men's Program** 372-2720

Email: [mensprogram@bmts.com](mailto:mensprogram@bmts.com)

Offers a weekly educational group to help men who have been abusive to women. This group provides information and direction to encourage men to stop their abuse. Sixteen-week counselling groups are available in both Grey and Bruce counties that lead men through an in-depth examination of their abuse, an understanding of the impacts of abuse on the victims, and skills and practice on relating respectfully to women.

**Salvation Army Family Services** Owen Sound - 371-0957

Warton - 534-0353

Port Elgin - 389-3942

Hanover - 364-3450

Offers emergency assistance that may involve food, shelter, transportation, household articles, advocacy help with government agencies, budget help, clothing, trustee assistance, missing person services and fire victim assistance.

**YOUTH SERVICES**

**Anishnabek Child & Youth prevention Services** 797-5000

Provides Saugeen First Nation with culturally sensitive prevention services for children, youth and families. Provides information and resource materials to families and community members regarding child abuse, parenting skills, child development, substance abuse and child care.

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YOUTH SERVICES, continued

**Bruce Grey Children's Services** 371-4773 or 1-800-567-2384

A children's mental health centre which provides: counselling for and regarding children under age 16; a resource centre (lending books and videos); and a crisis residential service for youth under age 16. Brighter Futures, a federally funded program and Early Years, a provincially funded program offers a variety of services to parents of children under 6 years.

**Children's Aid Society of Owen Sound/Grey County** 376-7893

Email: [bgcs@bmts.com](mailto:bgcs@bmts.com)

Resource Centre - 371-7034 ext 12

Working with families towards more effective parenting; recruiting and training foster care/adoptive parents; placing children for adoption; providing support for youth moving toward independent living; therapy for victims of sexual abuse; investigate complaints of children alleged to be at risk, applying for legal guardianship when necessary.

**Children's Aid Society of the County of Bruce** 881-1822

Web site: [www.bruce.cas.ca](http://www.bruce.cas.ca)

or 1-800-461-1993

Email: [brucas@cas.gov.on.ca](mailto:brucas@cas.gov.on.ca)

The Society is mandated by the Child and Family Service Act to investigate all allegations of abuse. Whereas counselling is provided to support the family, where the needs of a child are best met; the Society provides short and long term foster care, adoption and volunteer services.

**CHOICES: Drug and Alcohol Counselling for Youth** 371-5487

Provides assessment/counselling for youth whose lives are being affected by alcohol and/or other drug abuse, their own or someone else's. Information/counselling for parents available. Main office in Owen Sound; outreach to other areas of Grey and Bruce counties offered.

**Kid's Help Phone** 1-800-668-6868

See listing under *Crisis/Distress Telephone Lines*

**Ontario Early Years Centres** Hanover 364-6025 or 1-866-483-7774

Walkerton 881-2739 or 1-800-616-8116

Offer places throughout Grey and Bruce where parents, caregivers and children can access supports and activities focused on healthy child development. Services help give children a healthy start in life. People can borrow educational toys, games, puzzles and parenting books/videos.

**Y Community & Employment Services** Hanover - 364-3163

Owen Sound - 371-9222 or 1-800-265-3711

A non-profit organization that provides employment counselling, career exploration, assistance in finding a job and subsidized training opportunities. Available to youth and adults with emphasis on youth.



Check it out!



For more information on mental health and addiction services in the Grey Bruce area visit our web site:

[www.mhagb.ca](http://www.mhagb.ca)

Where To Find Help In the Grey Bruce Area is produced by the Community Network Support Team (CNST) and may be reproduced as long as reference to CNST is given. Please direct any changes in information to the Community Network Support Team, 1139 2nd Avenue East, Owen Sound, ON, N4K 2J1. Or you may call (519) 371-4551 or email [cnst@gbchc.healthserv.org](mailto:cnst@gbchc.healthserv.org)

# across Grey-Bruce

## Regional Support Associates 2003 Annual Conference

This year's event will be held on October 23 and 24, 2003 at the Best Western Lamplighter Inn in London. Breaking with tradition, the focus of the entire conference will be on Adults with Autism Spectrum Disorders (ASD). Historically, this population has been misunderstood — and few specialized clinical and support services have been available for them. Over the past few years, the large number of referrals to RSA involving adults with ASD has created the need to pay special attention to this important group. The registration fee is \$120 for both days and \$110 if received prior to September 30, 2003.

Topics include:

- An Adult Perspective on ASD: Parents and Consumer Panel

- What I've Learned Over three Decades: Best Practice in Serving Adults
- Everything You Need to Know About ASD, But Didn't Know to Ask
- Positive Systems Approach with High Needs Individuals with ASD
- Unravelling the Mystery of ASD: Amazing New Research
- Touring the Drug Store: What's on the Shelf?
- Asperger's : Myths, Treatment and Families.

For more information, call Jayne Joyes at (519)421-4248 or 1-800-640-4108, ext. 2412

## Men's Program Find our location

Please be advised that our office is now located at 748 2nd Avenue East, Owen Sound, ON N4K 2H1. Send all correspondence to this street location.

## Adult Learning Festival

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- Explore
- Watch
- Listen
- Participate
- Imagine
- Celebrate



Sat., Sept. 13, 10 - 5 pm.  
For information call 371-5594

## Make your coffee count!

The eighth annual Alzheimer Coffee Break™ takes place on September 18<sup>th</sup>, 2003. Coffee Break is a Canada-wide awareness and fundraising event for Alzheimer Societies. The money raised is used to provide education and support services for persons with Alzheimer Disease and for their families and caregivers. Ninety-five per cent of the funds raised in Grey-Bruce stay in Grey-Bruce to provide service within our local communities. The other five per cent goes to research.

**A Coffee Break is simple to do!** An Alzheimer Coffee Break can happen anywhere: in your home, in your workplace, your church, at a service club or community organization meeting, or anywhere where people gather to take a break in the daily routine. Simply put up the

posters we provide, invite family, friends or colleagues and put on a pot of coffee. Many hosts find that providing muffins or other treats to eat makes the event even more enticing for many. Put out the donation box we will provide and encourage donations to the Alzheimer Society of Grey-Bruce.

**It's as easy as that!**

Please show your support for the Alzheimer Society by participating in a Coffee Break event. We need your support to continue to provide the much needed education, awareness and support programs for those persons suffering from Alzheimer Disease or a related dementia. **If you are interested in hosting an event, please contact Bill Twaddle, at the Alzheimer Society of Grey-Bruce at 519-376-7230 /1-800-265-9013.**

## Alzheimer Society Grey-Bruce

ANNUAL GENERAL MEETING

Tuesday September 9, 2003  
6:30 – 8:30 p.m.

At the Alzheimer Society of Grey-Bruce office  
753 2<sup>nd</sup> Avenue East  
Owen Sound, Ontario

A brief business meeting will be followed by the unveiling of our Building Memories Capital Campaign Recognition Plaque.

Please join us as we thank all those who have so generously supported our Building Memories Capital Campaign  
Please RSVP to 376-7230 or 1-800-265-9013 if you wish to attend.

## Self Help Workshop Keep your group on track

The Community Network Support Team will host an evening workshop with Gillian Kranias, Coordinator from Ontario Self-Help Network Program who will lead a group of active self-helpers on how to keep a group on track. The Ontario Self-Help Network Program is a provincial organization based in Toronto that works to promote self-help/mutual aid in communities and facilitate the growth and development of self-help groups, networks and resources across Ontario. The **Keep Your Group On Track** workshop will run from 7:00 to 9:00 pm in Owen Sound on Wednesday, October 15<sup>th</sup>, 2003 and is free of charge.

This workshop is designed for members of self-help and community groups who are looking for ways to maintain an effective group. This workshop will help you to:

1. Understand the stages of group development.
2. Explore questions that are key to your group's success.
3. Learn methods to share responsibilities and deal with difficult situations.
4. Exchange tips to maintain momentum and morale.

Pre-registration is required. For more information, call CNST 371-4551.

## There is time to register

***"Understanding the Management of Chronic Pain including the Role of Opioids".***

- Sept 26, 2003, 8:30 to 12 noon
- Registration Cost: \$40
- It will be held at St. Andrew's Presbyterian Church (downstairs)

Dr. Brian Kirsh, Medical Director, Hamilton Health Sciences will present.

This workshop is geared towards professionals. For more information contact the Community Network Support Team at 371-4551.

### Newsletter

## PIVOT

The *Pivot* is published by the Community Network Support Team, which operates under the umbrella of the Grey Bruce Community Health Corporation.

It is published about the 15th of the month in **January, March, May, July, September, and November.**

### Click-View and Print

You can now access the *Pivot* Newsletter and Where to Find Help in Grey Bruce on-line at [www.mhagb.ca](http://www.mhagb.ca) under "resources".

### Staff

Director - Shane Barker  
Community Development Worker - Tom Jenks  
Program Secretary - Joanna Depencier

### Submission Deadlines

January 1st    March 1st    May 1st  
July 1st    September 1st    November 1st

Submissions are subject to editing. Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation

IF UNDELIVERABLE RETURN TO:  
Community Network Support Team  
1139 2nd Avenue East  
Owen Sound, Ontario N4K 2J1

### Find employment opportunities

If you are interested in finding out about employment opportunities in mental health and addiction services, check out the web site for Mental Health and Addiction services in Grey Bruce.

[www.mhagb.ca](http://www.mhagb.ca)

→ Click on Employment ←

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