



PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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Popcorn discussions

Reduce stigma by increasing awareness

Watching movies with us can be enjoyable

CNST

Over the summer months the Community Network Support Team, along with the Consumer/Survivor Development Project and the Family Support Initiative will participate in Tuesday evening activities at the Mental Health Resource Library. We want to make the library and its more than 1,200 books on mental illness and other related topics more accessible for summer reading. The library is usually opened from 8:30 to 4:30 Monday through Friday, but this summer the hours will be extended to include Tuesday evenings from 6:00 to 8:30. In addition to the library being opened, we are also offering a variety of educational events on Tuesday evenings.

These evenings are free and open to the public. Please see the schedule for these events on page 7.

Tom Jenks, Community Development Worker

CSDP

Summer is finally here! We are excited to announce that as part of our joint summer programming with the Mental Health Resource Library, we will be offering a variety of movies and workshops for your enjoyment and learning. Throughout the years mental illness has been portrayed to contemporary culture through many popular movies. Why not set aside an evening to watch one of these films, enjoy some popcorn and lemonade and engage in relevant discussion?

We will also be offering an interactive evening workshop on Overcoming Anger.

We hope to see you there!

For more information concerning any or all of these events please contact the CNST office at 371-4551

Jim Lonie, Project Coordinator



Schedule of Summer Evening Events on page 7

Get your updated Where to Find Help in the Grey Bruce Area quick-reference pamphlet inside!



INSERT INSIDE

Family Support Initiative

Accurate reflections can improve connections

Get information at these summer sessions

The FSI will be offering three special mental health resource sessions over the course of the summer. These sessions will be held in conjunction with the

Tuesday evening Mental Health Library openings.

This is an excellent opportunity for you to come down and find out about local mental

health services and what mental health resources are available in the library. I hope to see you there.

Judy Kroes

Program Statistics

A year in review helps us renew

Check out these highlights

The Grey Bruce Community Health Corporation which is the sponsoring agency for the Consumer/Survivor Development Project, the Family Support Initiative and the Community Network Support Team has just

concluded its annual general meeting on June 23rd. This occasion provides our staff an opportunity to reflect back on the accomplishments of the fiscal year 2003/2004 and to plan new activities for the upcoming year. I think that these highlights would be of interest to many of our readers. Below, I have summarized some of the more interesting ones for your review. For a more detailed report, our program annual report is available for review here at the office.
Shane Barker, Director

Consumer/Survivor Development Project

Jim Lonie & Louise Chase

- Responded to over 1719 telephone, in person and e-mail requests for information about mental health issues and system services
- Distributed over 1100 Project brochures
- Project Staff responded to 319 mental health related information requests from patients, families and service providers at 58 Mental Health Resource Clinics
- Held 40 Mood Disorder Group meetings in four different towns
- Provided ten mental health related community workshops for 141 participants
- Coordinated the depression workshop "Ron Ellis – Dealing with Depression" which drew over 328 participants

Family Support Initiative

Judy Kroes

- Responded to 2780 requests for information about mental health issues and system services. This total includes 557 face to face meetings with families who presented at the office (an increase of 89% in face-to-face contacts).
- Distributed the Project Brochure to over 1000 stakeholders
- Distributed over 500 brochures on mental health issues from CAMH, SSO and Health Canada
- Provided support and assistance to over 40 Family Support sessions in five different towns
- Provided five mental health (family related topics) presentations for a total of 86 participants
- Planned and hosted two workshops "Criminal Justice/Mental Health, the Revolving Door" and "Coping Strategies for the Caregiver" with over 123 participants between the two.

Community Network Support Team

*Shane Barker, Tom Jenks,
Joanna Depencier*

- Responded to over 1820 telephone, email and in-person requests from consumers, families members, service providers and members of the general public (an increase of 28%)
- CNST maintained and updated the system website; MHAGB (Mental Health Addictions Grey Bruce). By year end there had been 7054 visits (totaling 1352 hours) (an increase of 412% in visits and a 276% increase in hours viewed).
- 517 books and videos were borrowed from the Resource Library.
- Updated and distributed 2100 copies of "Where to Find Help in Grey Bruce".
- Produced and distributed 3900 copies of the Pivot Newsletter, which at year end had over 609 individual subscribers (an increase of 39%).

Where to Find Help in the Grey Bruce Area



July 2004

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 534-3710

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 seen 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 3:00 p.m. to 7:00 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

or 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

Web Site: www.womenscentre.com 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 & Owen Sound Inc. CRISIS: 376-9852

Hanover 364-7817; Wiarton 534-0005; Owen Sound 376-9317; Admin: 888-577-3111
A free confidential service for victims of crime and tragic circumstance, providing immediate emotional support, practical assistance and referral for longer term supports.

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.

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 Warton.

Bruce Mental Health Support Services 534-4388
Email: bmhss@bmts.com

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@greycountry.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* or 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*

www.mhagb.ca

For more information on mental health and addiction services in the Grey Bruce area.

MENTAL HEALTH SERVICES, cont'd

Community Mental Health Teams 1-877-888-5855

Bruce Shoreline Team (Kincardine and area) 797-2880

Central Grey Bruce Team (Hanover and area) 364-7788

North Bruce Team (Warton 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 Dory (Kincardine and area) 396-5609

The Green House (Warton and area) 534-4423

Union Place (Owen Sound and area) 376-8433

The Loft (Hanover and area) 364-0184

These five 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 376-7230 or 1-800-265-9013

A charitable, non-profit organization committed to relieving the effects of Alzheimer Disease or related dementias on the individual and family/caregiver, and to supporting research to find a cause and cure. Provides advocacy, education, awareness of disease, supports to person with disease and their caregiver and funding research.

Continued at the top of next column

- Anishnabek Child & Youth Prevention Services 797-5000
See listing under *Youth*
- 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 is 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 371-6226
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 & 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 888-371-2112
Web site: www.g-bccac.org 371-2112; 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 Admin 881-0431
See listing under Youth Hanover 364-6025/ 1-866-483-7774
Walkerton 881-2739/1-800-616-8116
- 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.

Continued at the top of next column

- 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 81-4655 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 376-7230 or 1-800-265-9013
Caregiver Information and Support Sessions 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.
- Breastfeeding Buddies 376-9420
Provides mother-to-mother support for new moms and assists them in recognizing the normal process of nursing. Available in communities around Grey and Bruce counties.
- Chronic Fatigue Syndrome/Fibromyalgia Support Group 371-9145
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 members.
- Grey-Bruce Parent Finders 371-6658
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.
- Head Injury Association-Grey Bruce 373-8555
Volunteer organization assisting head injury survivors and their families. Resources available. Support groups are being planned. For more information please give us a call.
- 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 Community 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.

Grey County Social Services 376-7324

Web site: 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: www.greycounty.on.ca Email: durham@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 1-800-267-3798

Web site: www.bmts.com/-hcscs.gb Email: hcscs.gb@bmts.com 372-2091

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

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.

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

Email: bgcs@bmts.org

Resource Centre--371-7034 ext 12

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: grey@cas.gov.on.ca

or 1-800-263-0806

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

Email: brucas@cas.gov.on.ca

or 1-800-461-1993

Web site: www.bruce.cas.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

or 1-800-265-3133

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.

Kids Help Phone 1-800-668-6868

See listing under Crisis/Distress Telephone Lines

Ontario Early Years Centres Admin 881-0431

Hanover 364-6025/ 1-866-483-7774

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

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 1-800-265-3711

Hanover--364-3163

Owen Sound--371-9222

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.

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 Ave. E, Owen Sound, ON, N4K 2J1 or call (519)371-4551 or email cnst@gbhc.org

Summer Schedule It's worth noting our Tuesday evening events

June

June 15 from 7:00 to 8:30, presentation on *Depression*

June 22 from 6:00 to 8:30, film and discussion, *One Flew Over the Cuckoo's Nest*

June 29 from 6:00 to 8:30, film and discussion, *Shine*

July

July 6 from 6:00 to 8:30, *Mental Health Resource Session*

July 13 from 7:00 to 8:30, presentation on *Let's Talk About Stress*

July 20 from 6:00 to 8:30, film and discussion, *Fighting the Dragon*

July 27 from 6:00 to 8:30, *Mental Health Resource Session*

August

August 3 from 7:00 to 8:30, presentation on *Schizophrenia*

August 10 from 6:00 to 8:30, film and discussion, *What about Bob*

August 17 from 6:00 to 8:30, *Mental Health Resource Session*

August 24 from 6:00 to 8:30, presentation on *Overcoming Anger*

August 31 from 7:00 to 8:30, presentation on *Let's Talk About Stress*



G & B House Program welcomes new Executive Director

G & B House is pleased to announce that Dan Purdon is the new Executive Director of the House effective June 1, 2004. Dan brings over 20 years experience in Residential Programs, Management and Community Development acquired while working with the Hincks-Dellcrest Treatment Centre, Grey Bruce Health Unit, Men's Program, Ontario Early Years and private management consulting. In addition Dan has worked on a number of community boards in the area including The Bruce Grey Children's Services and the Women's Centre Grey and Bruce. Residing in Owen Sound for the past 18 years with his partner Marsha McLean, he spends a considerable amount of time taxiing his three sons to hockey, soccer, choir, and school activities, a full-time job in itself. We welcome Dan to the House and look forward to working with him. Please feel free to contact Dan and introduce yourself (376-9495).

G & B House is saying goodbye to Sue Murdoch, former Executive Director for the past eleven years. Over this time, Sue has steered the House through significant changes including the move to our present location and the securing of stable annual funding, an accomplishment in itself. She has been an active advocate for the House and the residents who have come through the Program since her arrival in 1993. Sue has admirably addressed the wide range of tasks and skills required by the House ranging from Counseling, Program development, Community Liaison, fundraising and a "thousand" other things. In this she has brought a quiet and firm dedication to meeting the needs of those facing the challenges of addiction, and worked to support and develop both the Program and staff in this regard. While Sue is moving on, we look forward to her continuing to support the House in our fundraising efforts. Our thanks to Sue for her dedication and contribution over the past eleven years, she will be missed.

*Jim Shaw, President
G&B Board of Directors*

Tuesday NIGHTs



The adult Mental Health Library will now open on Tuesday evenings. Visit us Mon. - Fri. 8:30 - 4:30 . . . and . . . **Tues. Eve. 6 - 8:30!**

Mental Health Resources



Schedule time for mental health. You can access a large variety of books & videos that encourage growth and learning. There are over 1200 books and 100 videos.

**1139 2nd Ave. E.
Owen Sound**

371-4551

PIVOT

The *Pivot* is published by the Community Network Support Team, **371-4551**, 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 the Grey Bruce Area on-line at 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. Send potential submissions to cnst@gbchc.org. Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation.

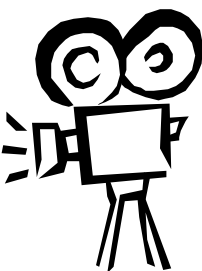
Coming soon

Yellow Directory

Inside the *Pivot*, we will give updates about the Yellow Directory, a useful reference that will contain information on local health and social service agencies in Grey Bruce. Data inputting and configuration are happening as you read. Watch for mail-outs and more updates in the *Pivot* and the local paper.

Relaunch of MHAGB

MHAGB stands for Mental Health and Addictions in Grey Bruce. These letters are part of what you input when you wish to explore the website that offers information about many mental health and addiction programs and their services within Grey Bruce. It is sponsored by Mental Health *Grey Bruce*. Please watch for the upcoming relaunch!



For a listing of movies & presentations, see page 7.

Life on stage with an audience of art

Institute on Addiction Studies presents:

PERSONAL FOCUS FOR PROFESSIONAL DEVELOPMENT

July 4-8, 2004

Kempfenfelt Conference Centre
Barrie, Ontario

www.addictionstudies.ca

People in Progress Newsletter

Pick up your copy of this consumer/survivor newsletter at 1139 2nd Ave. East, Owen Sound, or call the Consumer/Survivor Development Project at 371-4582.



Few men during their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used.

Richard Byrd

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

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