

Our Work. Our Partnerships. Our Stories.

Read SSO's 2014/2015 Annual Report "Our Work. Our Partnerships. Our Stories." that highlights the incredible work we have done the past year. [Learn More](#)

Our Work.
Our Partnerships.
Our Stories.



SSO Supports Available This Fall

Our events calendar is full of new family education and support groups happening this fall across Ontario. Find out what is happening in your community. [Learn More.](#)



Mental Illness Awareness Week

Mental Illness Awareness Week (MIAW) was October 4-10. The theme was Take Action. SSO provided five ways people could take action during the week, with resources, information and a conversation on social media. [Learn More.](#)



Off The Vine

Join SSO for an evening wine pairing hosted by Vertical restaurant on October 28, 2015 featuring food and wines curated by Ontario's top sommeliers. Proceeds support programs, services and research innovation leading to practical solutions for those living with mental illness.

[Learn More.](#)



Schizophrenia-prone boys who try pot experience changes in brain development: study

Boys genetically predisposed to schizophrenia who try cannabis before 16 experience changes in brain development according to a new study, in a finding that could help researchers understand why some people are more vulnerable to the effects of the drug. [Learn More](#)



2016 Peace of Minds Yogathon - Save the Date

The 2016 Peace of Minds Yogathon is taking place on February 27, 2016 in Oakville. Save the date and keep checking online for information on signing up. [Learn More.](#)



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