

What Does the Yogathon Mean to You?

Check out our video featuring instructors teaching at the Peace of Minds Yogathon taking place on February 27, 2016 in Oakville. [Learn more.](#)



Apply for the Schizophrenia Society of Ontario Scholarship Program

The Schizophrenia Society of Ontario (SSO) is pleased to announce the 12th year of its scholarship program. It is Canada's longest-running bursary program dedicated to funding educational opportunities for individuals affected by schizophrenia or psychosis. [Learn More.](#)



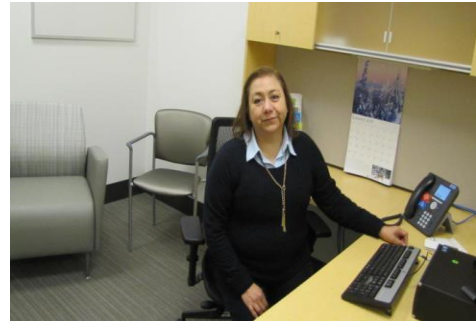
Upcoming Community Forums Across Ontario

This winter SSO is bringing the community together with forums across Ontario. Each event is free and features keynote speakers by mental health experts, panel discussions and question and answer periods. [Learn More.](#)



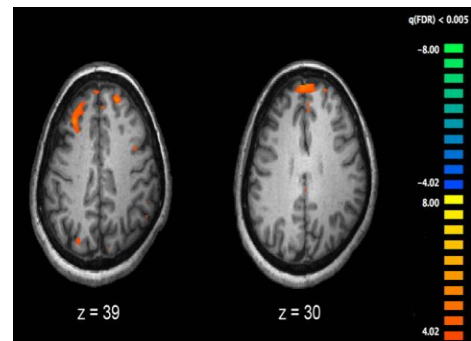
SSO Talks For Bell Let's Talk Day

For Bell Let's Talk Day, we sat down with Tatiana Wyse, an Early Intervention Family Worker at SSO, to discuss ways to get help for mental illness and why talking about mental health can combat stigma. [Learn More](#)



Scientists open the 'black box' of schizophrenia with dramatic genetic finding

For the first time, scientists have pinned down a molecular process in the brain that helps trigger schizophrenia. [Learn More.](#)



Speak Out About Men's Mental Health

Men's health is a relatively new concept in public discussion and in research circles. With the myth that men should be tough and not ask for help for the fear of being seen as vulnerable, men have long suffered physical and mental illnesses in silence. [Learn More](#)



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