

February 2013 E-newsletter



Stay Connected with the SSO!

Did you know the SSO is on Facebook, YouTube and Twitter? Follow us on our social media channels to stay up to date on all of the SSO's activities, news and more!



Talk to Us on Bell Let's Talk Day

We're proud to support Bell's mental health initiative, [Let's Talk](#). On Tuesday, February 12, Bell will donate five cents to mental health initiatives across Canada for every tweet using their hashtag or Facebook share of their page. The goal of the Let's Talk campaign is to increase awareness of, reduce stigma toward and help to change behaviours about mental health issues. To support Bell's initiative we're extending our [Ask the Expert Helpline](#) capacity, inviting the public to Talk to Us on Bell Let's Talk Day. **Anyone with questions regarding mental health and mental illness is invited to contact our Ask the Expert helpline by calling 1-800-449-6367 or emailing asktheexpert@schizophrenia.on.ca**

Only 10 days until the 8th annual Yogathon

Are you registered? Join new and seasoned yoga enthusiasts in Oakville and Toronto for a day of yoga fun. Create peace of mind for yourself and for Ontarians living with schizophrenia and psychotic illnesses. Great incentive prizes too! Find out more at www.yogathon.ca.

Our Peace of Minds Walk Turns 20 in May!

Help us celebrate this momentous occasion by signing up to walk in your community. Walks are being organized throughout the month of May. Join with others in your community and support local programs for those affected by schizophrenia and psychotic illness. To find a walk near you visit www.peaceofmindswalk.ca.

Volunteers Needed - Join our Gala Planning Committee!

Plans are underway for the 2013 Gala Dinner in support of SSO's Investing in the Future Scholarship Program. Help us make this year's the most successful yet! If you have experience in event planning, marketing, product solicitation or sponsorship, let us know. Contact specialevents@schizophrenia.on.ca or call Daniela Rodrigo at 416-449-6830 ext. 257 for information.

Investing in the Future Scholarship Applications

Since 2002 the SSO has been offering scholarships to individuals affected by schizophrenia and psychosis. This year's Investing in the Future Scholarship application will be available soon. Applicants will have until March 29 to submit their application package. For information visit www.schizophrenia.on.ca or contact Kayla at knicholls@schizophrenia.on.ca.

Strengthening Families Together in Brampton

Strengthening Families Together is our educational program for families and friends of individuals living with serious mental illnesses. Offered throughout the province at different times of year, SFT is a multi-week program. We're pleased to offer a new series of SFT sessions on Thursdays in Brampton, starting on March 21. For details and registration, please contact msue-ping@schizophrenia.on.ca

Community Forum A Success - Thanks to All Who Participated

On January 31, the SSO held its first Community Forum, Strategies That Work. We had a lively evening full of panel presentations, great questions and some wonderful discussions. We're reviewing everyone's feedback now and planning our next steps. Thanks to all who shared their time, stories and expertise with us!

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