



SCHIZOPHRENIA
SOCIETY OF ONTARIO
A REASON TO HOPE

Spring 2015 Newsletter

Strengthening Students Together on Campus

A school assignment is what brought Lauren Baumken to her first Strengthening Families Together (SFT) session. She was working on her Masters of Social Work at the University of Toronto and was researching the different kinds of supports available to families. [LEARN MORE](#)



Samantha Turner

Thunder Bay Forum Brings Community Together

The Schizophrenia Society of Ontario (SSO) hosted "Living Healthy, Living Well" a community forum in Thunder Bay. More than 30 people gathered at Lakehead University for an afternoon of presentations where medical professionals and people with lived experience shared insights on how to achieve and maintain physical and mental well-being while living with mental illness. [LEARN MORE](#)



Meeting of the Minds Brings Together Physical and Mental Wellness

The fourth annual Meeting of the Minds: Promoting Recovery and Wellness for Individuals and Families Impacted by Mental Illness took place on March 3rd bringing together members of the Spanish speaking community, healthcare professionals as well as family members and individuals living



with mental illness.

[LEARN MORE](#)

A Yoga Retreat in the City - SSO's Peace of Minds Yogathon

Over the years many scientific studies have discovered that yoga can help improve symptoms of depression, anxiety and schizophrenia, with some doctor's even prescribing yoga to their patients as a way to clear their minds and incorporate physical activity in to daily life. [LEARN MORE](#)



Five Simple Ways to Reduce Stigma

For Bell Let's Talk Day, Bell created five simple ways to reduce stigma around mental health. SSO has information and resources on our website to assist people looking to end stigma and support individuals living with mental illness. [LEARN MORE](#)



Research Finds Brain Networks Differ Among Those With Severe Schizophrenia

A new study by the Centre of Addiction and Mental Health (CAMH) finds people with a severe form of schizophrenia have major differences in their brain networks compared to others with schizophrenia, bipolar disorder and healthy individuals. [LEARN MORE](#)



Michael Alzamora Achieves his Dream Running the New York City Marathon

SSO donors helped send Michael Alzamora to New York City to compete in the New York City Marathon in November 2014. In the blog post below, Michael writes about his experience in the city that never sleeps and the joy he felt running the marathon.

[LEARN MORE](#)



2015 Peace of Minds Walk

In May, seven communities across Ontario will take part in the Peace of Minds Walk for schizophrenia. In its 22nd year, this annual fundraiser has raised more than \$1 million for the Schizophrenia Society of Ontario (SSO). [LEARN MORE](#)



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