



# THE VOICE

Fall Issue 2008

## Voices United Consumer/Survivor and Family Network North Simcoe/Muskoka

### Mission Statement

The North Simcoe/Muskoka Network is an inclusive consumer/survivor and family driven network that exists to provide awareness, support and information to the LHINs as well as provide a means of communication for ourselves to build and grow.

### Inside this issue:

Did you know?	2
Inspirational Quotes	2
Mind Freedom	2
Positive Affirmations	3
The Apex	4
Icebreaker Ideas	5

### Back Into the Swing of Things

Fall is finally here and soon we will be seeing all of the wonderful

colour that surrounds us. This is a time for thanks as we can be filled with such beauty and enjoy the time with our loved ones. The children are heading back to school and work has a buzz in the air once again.

Voices United had a productive Network Meeting in August and many projects are under way. We now have the beginnings of a marketing strategy as we have created a mini database to

reach out to our communities via newspapers, radio and television. We have also purchased a mobile presentation board and have almost completed a PowerPoint presentation.

In addition to these efforts, the Network has also applied for one-time funding for two different endeavors. Both of these are related to enhancing our recovery-oriented focus with our organizations.

Please stay posted for news about these proposals in the future.



## Voices United Network Members

A listing of all network members (location and contact information) for the Voices United Consumer/Survivor and Family Network North Simcoe/Muskoka can be found at [www.voicesunited.ca](http://www.voicesunited.ca) or by calling the Network Coordinator at 705-380-2074.

### Inspirational Quotes:

“Observe a plant before and after watering and relate these benefits to your body and brain.”

“A daily hit of athletic-induced endorphins gives you the power to make better decisions, helps you be at peace with yourself and offsets stress.”

From a Retail Bag at Vaughan Mills Mall.



### Did you know?

*Mental illnesses contribute more to the global burden of disease than all cancers combined.*

*The unemployment rate among people with serious mental illness is:*

**70-90% .**

*Caring Together, 2006*

### The “Mind Freedom” Website

Mind Freedom International is a non-profit organization that unites a 100 sponsor and affiliate grassroots groups with thousands of individual members to win human rights and alternatives for people labeled with psychiatric disabilities.

**[www.mindfreedom.org](http://www.mindfreedom.org)**



## **POSITIVE AFFIRMATIONS Are Self-Esteem Boosters!**

- ◆ I like myself because...
  
  - ◆ I feel good about...
  
  - ◆ My friends would tell you I have a great...
  
  - ◆ My favourite place is...
  
  - ◆ I like the way I feel about myself when...
  
  - ◆ The person I look up to most is...
  
  - ◆ My friends respect me because I always...
  
  - ◆ I have a natural talent for...
  
  - ◆ My goals for the future are...
  
  - ◆ I have a good sense of...
  
  - ◆ I know that I will be successful in life because I will...
-

## The Apex

The apex is the centre of it all,  
People attach themselves to this,  
A theory to try to explain things,  
But I know it doesn't exist.

People attached still swing,  
Like a pendulum through time and space,  
Extremists and all others,  
Searching for one place.

I wish sometimes for bliss,  
Ignorance created that,  
Life back then was simple,  
Matters of perceived "fact".

It's ok to hang on,  
To what we think is real,  
It helps us with our living,  
So we are capable to feel.

So apex stay our there,  
And join me in my fight,  
To walk through this darkness,  
Until I am granted authentic sight.

The day that sight in given,  
I will know the truth for sure,  
I will let go of the Apex theory,  
And step into the blur.

Karen Harper, 2006

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# Icebreaker Ideas



## **Favourite T-Shirt**

Ask attendees to bring (not wear) their favorite T-shirt to the meeting. Once all participants have arrived, ask each person to show the shirt to the group and explain how the T-shirt best resembles their personality.



## **Creative Hand Shake**

1. Instruct the participants to find three people they don't know (one at a time), shake their hand and look them in the eye.
2. Now find three more people you don't know, and one at a time look them in the eye, and perform high fives.
3. Now find three more people you don't know, look them in the eye, and perform over the back high fives.
4. Finally, find the only remaining three people in the room you don't know, look them in the eye, and create, between you and your partner, a completely "new" handshake. Each of the three handshakes must be unique (although all of your participants will be watching and learning from the creative attempts going on around them). Ask any who are particularly proud of their handshakes to demonstrate for the whole group.

Voices United Consumer/  
Survivor and Family  
Network North Simcoe/

We're on the Web!  
[www.voicesunited.ca](http://www.voicesunited.ca)

**CAN YOU BLOW  
OUR MINDS?  
MAKE US GO  
UMMM?**

Voices United is having a contest for outstanding submissions to our quarterly newsletter.

Please submit your ideas to our Network Coordinator by November 20, 2008.

The winner will have their submission printed in our next newsletter and will also receive a prize.

**Sign up for "The Voice" Newsletter!**

**Contact Form**

Please select whether you wish to receive our Voices United Newsletter electronically by email or by "snail mail". If you opt for mail delivery please make sure your mailing address is complete and up to date. Your privacy is guaranteed at all times. Voices United will not share your personal information with any third party or use it for any other purposes than for the intended purpose of sending you our Voices United newsletter.

Newsletter Sign-Up

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Valid e-mail address (required for delivery by email):  
\_\_\_\_\_

Deliver the Voices United Newsletter to: \_\_\_\_\_

Address: \_\_\_\_\_

City or Town: \_\_\_\_\_

Province and Postal Code: \_\_\_\_\_

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