

Spring 2025

Newsletter



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

Opening Message

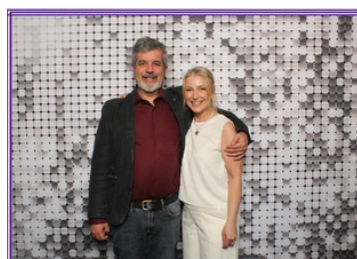
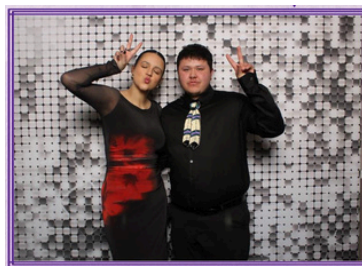
Contact Us: call: 1-877-584-2620
email: info@schizophrenia.sk.ca

Welcome to 2025! We are thrilled to join you on your journey this year. We've been involved in numerous initiatives and have some exciting events lined up. Keep reading to stay informed about the latest news and announcements!

Recent Events

On March 15th, 2025, we were delighted to reunite for our Champions fundraiser gala and auctions. We extend our heartfelt thanks to everyone who attended, including dignitaries, our auction donors, volunteers, sponsors, and of course, our remarkable guest speakers, David Hansen and Dr. Ken Harrison.

Thanks to your generous contributions, we raised over \$90,000. These crucial funds enable us to offer programs and support throughout Saskatchewan. We are immensely grateful!



Welcome

We invite you to welcome our Spring Resident Psychiatrist, Dr. Johnson. He will be available for phone consultations across Saskatchewan and will also meet in person in Regina on select Monday mornings during March and April. These sessions are open to anyone interested, including clients, families, support workers, and staff. Please keep in mind that the Resident Psychiatrist does not prescribe medication.

For more information or to schedule your appointment, please reach out to us. Phone: (306) 584-2620 Email: info@schizophrenia.sk.ca



Upcoming Events

Show of Hope Fundraiser

Return on May 1st for the 3rd annual Show of Hope Fundraiser! We invite you to join us for this thrilling chance to enjoy Star Wars: Return of the Jedi on the big screen, all while supporting the important work of the Schizophrenia Society of Saskatchewan. Arrive early to snap photos with beloved characters and grab tickets for our fantastic raffle. The festivities kick off at 6:00, with the movie rolling at 7:00! Purchase your tickets at the Broadway Theatre Box office or on their website, <https://broadwaytheatre.ca>

Special thank you to our event sponsors Burnt Orange Solutions, The Saskatoon CO-OP, and The Linden Medical Centre.



Steak Night Fundraiser

Join us on May 22nd at the Serb Club for our Steak Night Fundraiser! The evening will start at 5:00 PM with Silent Auction Viewing, a cash bar, and a 50/50 draw, followed by dinner at 6:00 PM. Don't miss out!

Tickets are \$35 and can be purchased through our office or contacting Mike as indicated on the poster.

ASIST Training



Our upcoming session of ASIST (Applied Suicide Intervention Skills Training), a comprehensive two-day workshop, is scheduled for June 7th-8th, 2025, at the Saskatoon Inn. Stay tuned for an upcoming date in Regina.

Seats will be available for purchase beginning on April 28th, check our website for details.

ASIST

Thanks to the generosity of our donors, this training is offered to the public at an affordable price.

Annual General Meeting

The Board of the Schizophrenia Society of Saskatchewan is pleased to invite you to the SSS Annual General Meeting. The AGM will commence at 10:30 am on Wednesday June 11th at the Serb Club in Regina.

Please note it is important for MEMBERS to attend this meeting or provide their PROXY (assign your vote) if unable to attend. **All participants will be required to register by May 14th, 2025.**

To register: Please email info@schizophrenia.sk.ca. The agenda with supporting documents for the meeting will be forwarded to you prior to the meeting. If you prefer to register by phone, call 1 800 584 2620 and leave your name and number.



A Reason to Hope the Means to Cope - Conference

Join us on September 25th for a full day Mental Health Conference filled with education and hope, hosted at Prairieland Park, Saskatoon.

Our conference will feature two keynote speakers as well as the opportunity to take in a variety of amazing breakout sessions.

This is an all day event, from 8:15 to 4:30 and tickets will be available for purchase soon. For additional details please see the poster at the end of the newsletter.



Programs & Support

Family Support Group - Join us on the second Tuesday of each month from 7-8pm, via zoom! Our next meeting is on May 13th, and is available for folks residing anywhere in Saskatchewan. If you'd like to join us contact Maria or Heidi.

Regina Peer Support Group - This group takes place on the first Wednesday of every month from 6:30-8:30pm, in-person, located at our Regina office. Registration is not required, contact Maria for information.

Saskatoon Rec Group - Our weekly coffee group meets on Thursdays from 2:00-3:00 at the Hunger Cure. We also engage in a variety of other activities such as bowling and special events. To sign up or for more information contact Heidi.

Your Recovery Journey with WRAP - May 26 to June 23.
Join us for a 5-week course designed for individuals with personal experience of mental illness, aimed at helping you reach high-levels of wellness. To register, please reach out to Maria.

Maria (Regina) Maria@schizophrenia.sk.ca - 306-584-0755
Heidi (Saskatoon) Heidi@schizophrenia.sk.ca - 306-374-2224



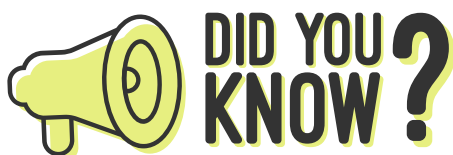
Partnership Program.

If you or someone you know is interested in booking a presentation or would like more information about our Partnership Program be sure to contact one of the coordinators listed below! We look forward to seeing you!



To book a Partnership Program Presentation, contact:
-Saskatoon area (Curtis) at Curtis@schizophrenia.sk.ca
-Regina area (Austin) at Austin@schizophrenia.sk.ca
-Rural and Northern (David) at David@schizophrenia.sk.ca

With Zoom presentations we can reach anyone anywhere!



Any individual in Saskatchewan can access free rapid access counselling sessions, through Counseling Connect Saskatchewan. Visit this website to learn more:
www.counsellingconnectsask.ca

STAR WARS
RETURN OF THE JEDI™



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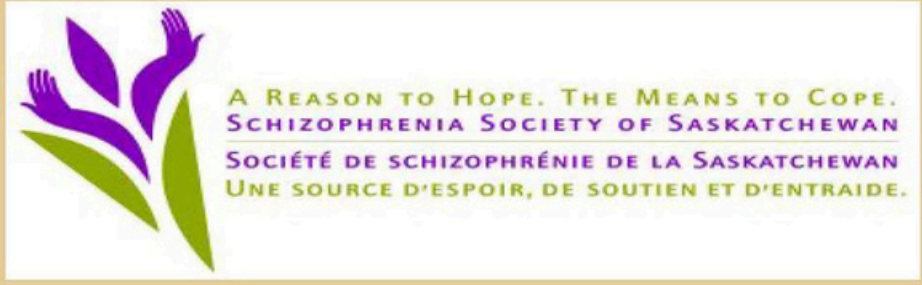
MAY 1ST, 2025

DOORS: 6:00PM • MOVIE: 7:00PM

A SHOW OF HOPE FUNDRAISER

THE BROADWAY THEATRE

MAKE SURE TO ARRIVE EARLY TO CAPTURE PHOTOS WITH YOUR FAVORITE CHARACTERS & TO BUY RAFFLE TICKETS!



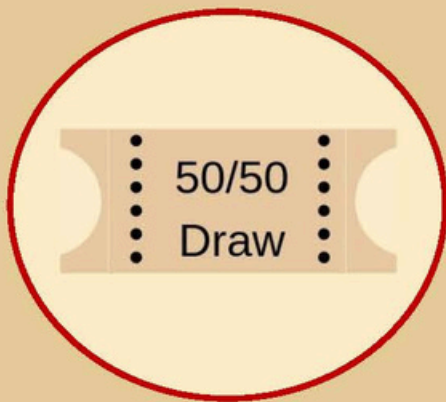
STEAK NIGHT

AT THE SERB

STEAK ROASTED POTATOES CAESAR SALAD POP/COFFEE/TEA
CHICKEN OR VEGETARIAN OPTION AVAILABLE

Happy Hour & Silent Auction Viewing
Dinner

5:00 P.M.
6:00 P.M.



TICKETS CAN BE PURCHASED AT:

- 1311 Saskatchewan Drive
- Phone: 306-584-2620 or
- Call Mike Gardiner: 306-551-3534
- Email: info@schizophrenia.sk.ca

2775 AVONHURST DRIVE
REGINA, SK

THURSDAY MAY 22, 2025
CELEBRATING WORLD
SCHIZOPHRENIA DAY



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 SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
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 UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAÏDE.

SSC™
 SCHIZOPHRENIA
 SOCIETY OF CANADA

SCS™
 SOCIÉTÉ CANADIENNE
 DE LA SCHIZOPHRÉNIE

Your Recovery Journey with WRAP

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What is Your Recovery Journey with WRAP? (Wellness Recovery Action Plan)
 It's an online course of the Schizophrenia Society of Saskatchewan that consists of 5-sessions for people with lived experience with mental illness to provide information and skill building support. It teaches people how to achieve a high level of wellness.

Who Should Attend?

People with lived experience with mental illness.

Location: Online - Zoom

Time: 6:30 to 8:30 PM

Cost: Free



| Schedule | All Sessions are 2.5 hours |
|-----------------|--|
| May 26th, 2025 | Recovery and quality of life |
| June 2nd, 2025 | Wellness toolbox and daily maintenance |
| June 9th, 2025 | Triggers, early warning signs, breaking down |
| June 16, 2025 | Crisis plan, post crisis plan |
| June 23rd, 2025 | Recovery topics |



Phone Maria Alvarez at: (306) 584-0755

Email: maria@schizophrenia.sk.ca

The Schizophrenia Society
of Saskatchewan Presents:

 A Reason To Hope
The Means To Cope
2025

Mental Health Conference

Prairieland Park - Hall A - Saskatoon, SK.

Sept. 25th, 2025 8:15-4:30pm



Featuring Keynote Speaker

Dr. Greg Wells.

For ticket information contact:

info@schizophrenia.sk.ca

1-877-584-2620

**Join us for a full day Mental Health Conference
filled with education and hope!**