

Neighbourly News



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Vision, Mission and Values:

- *Vision: Mental health and wellness in all communities*
- *Mission: To be a leader in the provision of advocacy, education, research, and client centered recovery based services in the Kenora-Rainy River Districts*
- *Values: Collaboration; empowerment and self-determination; diversity and social justice; accountability, integrity and transparency; innovation.*

Ky's Korner; love yourself

**Kyleigh Ossachuk-
Peer Support Worker-
Fort Frances**

Hey everyone, what is happening? Are you all staying safe? I hope so.

We all know that Valentine's day is coming up, and that can mean a few different things for people. It means love, candy, chocolate, feelings, cards, flowers, etc. But not everyone thinks about all the flowers and rainbows. For some people it can bring feelings of loneliness, anger, low self esteem for some, and just feelings that aren't full of love.

If you are happy on Valentine's day, that great. We all deserve to be happy. If you are someone who isn't feeling so loved on Valentine's day, remember that you matter to someone, and you are enough.

You have made it through 100% of your toughest days, and you will continue to do that because you are special. You have to love yourself from head to toe before you can love anyone else. The relationship with ourselves is the one that is most important. I am slowly learning this. And it is A LOT of work.

You can start small, say one nice thing about yourself a day, write it down, have it on a post it note, but remember it, then you need to add to it. Make it a habit that you do every day. I, personally, write in my journal every night before I go to bed. That lets me reflect about my day, and then I go to bed with a positive thought about myself, and that is better than a negative thought.

Put yourself on that pedestal, treat yourself like you would treat your best friend, or partner. Love you.

COVID Ontario update

Another update for the Ontario region and the COVID measures:

Our region of Ontario is still under lock down for another couple of weeks. So we are still in the same boat for another

little while, and we are doing very well, so we need to keep doing what we are doing. Cases have dropped in the province, and that is what the purpose of the lockdown was; to lower these numbers. We are doing great.

Keep wearing your mask, washing your hands, and staying home when you can. We are all adjusting, and we will keep everyone updated as best we can. Hang in there, things will get better. Head always up.

Follow the leader

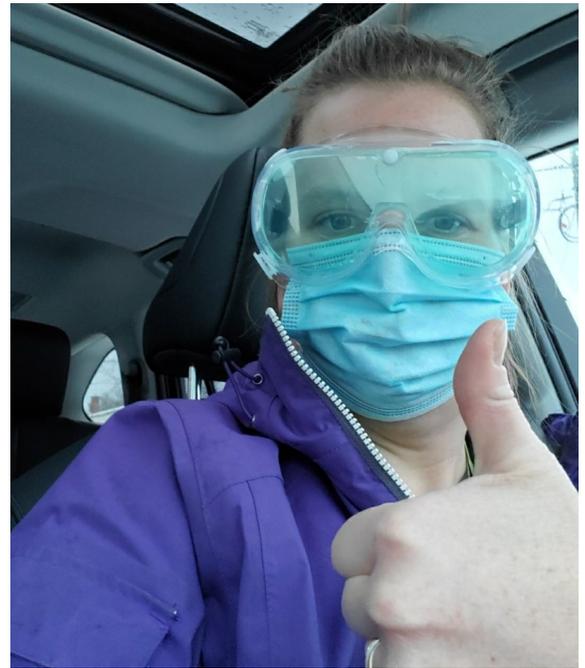
Life lessons from Lisa:

Hello everyone! I hope you are all doing well, and hanging in there.

I just wanted to reach out and send you all a little message. Even though we are not able to provide face-to-face visits right now, there may be the occasion where it is not avoidable! Maintaining Covid-19 safety protocol, and keeping well in Kenora!

We hope to be back to providing more face to face visits in the future, but for now, we are trying to follow the provincial guidelines, and are patiently waiting to hear about the changes that may be coming next week.

Until then, we are doing our best. Hang in there everyone! We can do it.



Self- Control

Points from Philip

Our rapidly changing world can be difficult to adapt too. Change is inevitable and even fearful. I want to discuss some of the skills and techniques that can help us in this changing world and reduce anxiety inherent in change.

Think back to the world that your grandparents grew up in, your

parents and yourself started in. What changes do you remember in, values, technology, communications, governments, countries, travel and any more you can think of?

Analyze the changes and pick out the positive aspects. You could even visualize these and write them down, or list them. Study them.

Think of other creative ways to reframe and see the positive aspects. There are definitely negative aspects (pessimism and concerns) and is good to note some of them, but don't focus too much on them. Learn a new skill and find resources that are needed and essential, to transition yourself. This helps you focus on the positive aspects of change, rather than the negative aspect.

Weird days in March

From the desk of Donna:

Did you like the weird days in February? Well guess what? Here are a few more weird days coming up in March:

March 1: National Peanut Butter Lover's Day

March 5: National Multiple Personality Day

March 6: National Oreo Cookie Day

March 9: National Get Over it Day

March 10: National Mario Day

March 11: National Worship of Tools Day

March 14: National PI Day

March 18: National Awkward

Moments Day

March 20: National Ravioli Day

March 24: National Chocolate Covered Raisin Day

March 28: National Weed Appreciation Day

March 31: National Crayon Day

Zoom Zone

Hey everyone! Happy February!

The new Zoom schedule is up and running, and in full swing. You will notice a few more “slots” on there this month. Keep in mind these things can change as we are all trying to adjust to the new schedules, the extended lockdown orders, among all of the other things we all have going on.

With that being said, we have the breakfast club happening on

Monday mornings, there is the “Good Friends Club” a couple times through the month, there is a games day, a book club (which I am super excited for), the calendar planning meeting (please attend and participate so you can share your ideas with us), and the regulars that we have on there every month.

We think that we have something on there for everyone. But if you have other ideas, please share them with us. We are always looking for new things.

We hope to see you whenever you are able to make it. It is always a fun and safe environment for you to come and hang out.

If you are interested in any of these sessions, please email peersupport@cmhaff.ca and we will be happy to send you the information so you can join in the fun with us. We are all there for the same reasons, we want to talk, visit, and support each other.

- Kyleigh

Self care vs Self compassion

A minute with Marilyn:

We all know what self-care is, especially through these trying times. Taking a bubble bath, watching a good movie, going for a walk, exercising, or making our favorite food. But what is Self-Compassion?

When a good friend is suffering through difficult times, we have

compassion for them. We tell them that we are there for them if they need anything.

Self-Compassion is acting the same way towards yourself when you are having a difficult time. It is comforting and caring for you. Having compassion for you is no different than having compassion for others. It is being warm and understanding towards you when you are suffering or feeling

inadequate.

Self-Compassion is being able to relate to yourself in a way that is forgiving, accepting, and loving when situations are tough. It is having a positive attitude and giving yourself the tenderness and care you need when you are going through a tough time.

Shout Out!

I think I can speak for everyone in our district when I say that we have all been in the deep freeze lately? Am I right? It has been -30 and -40 degrees consistently over the last week, and it's supposed to go well into next week as well. So who do we shout out this week?

For starters, thank your mail person, your garbage people, your recycle people, and any other people

that are outside every day, and doing a service for you or your building. They don't get a break, it doesn't matter if it's -40 or +40, they work.

Thank the maintenance people in your building for the snow removal, the repairs that they need to do outside, the furniture they need to move. All of those things are trying on a good day, but to have to carry out these duties in the cold is difficult.

Show those people some appreciation. A thank you goes a really long way, especially when things are already difficult, and busy.

If you have any shout outs for me from any community, let me know kossachuk@cmhaff.ca make someone's day.

Fall in love with yourself.

Fall in love with yourself, it's alright.

Fall in love with taking care of yourself, for you deserve it.

Fall in love with the path of deep healing; we will be there to walk beside you.

Fall in love with becoming the best version of yourself but with patience, with compassion and respect to your own journey.

We will be here to cheer you on, as you fall in love with yourself. What a beautiful journey love can be.

SUDOKU

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		1		2				
			5		7			
		4				1		
	9							
5							7	3
		2		1				
				4				9

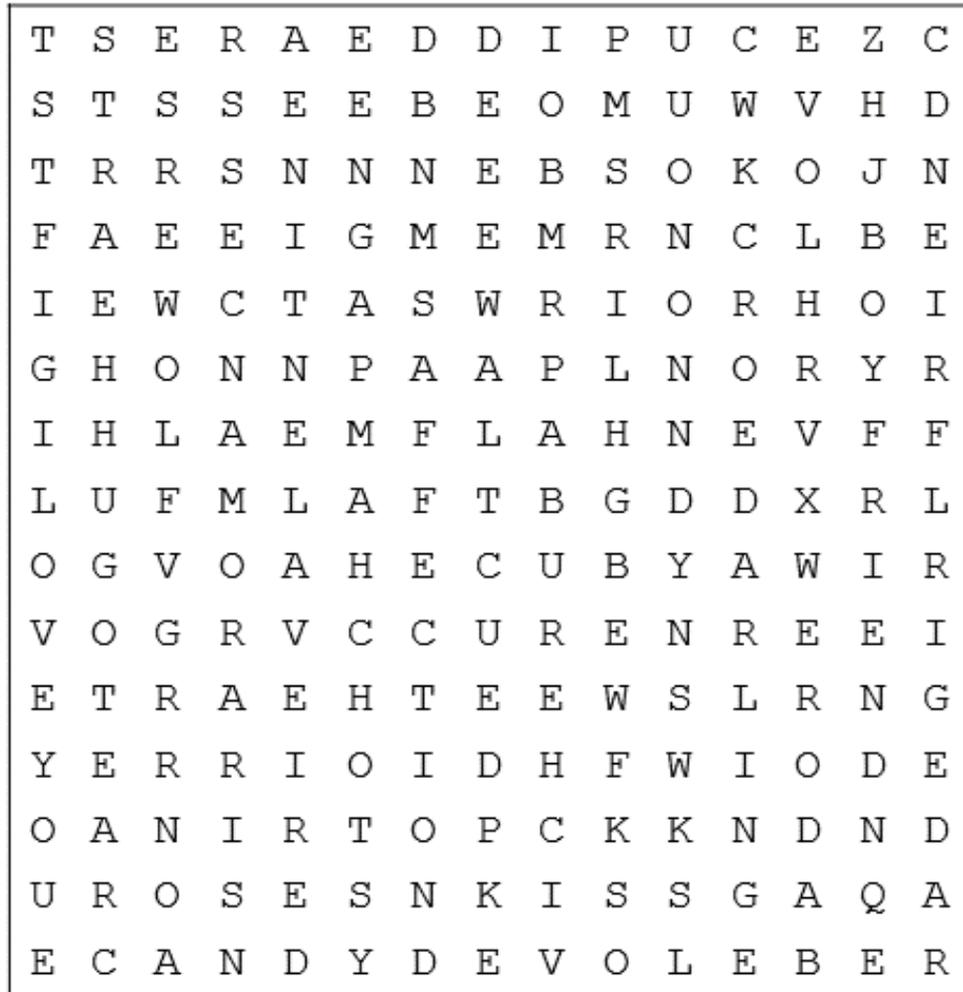
ANSWERS TO LAST WEEK'S SUDOKU:

	1	2	3	4	5	6	7	8	9
A	3	2	7	6	8	5	4	9	1
B	6	5	9	3	1	4	2	7	8
C	8	1	4	2	9	7	5	3	6
D	5	6	2	9	4	8	7	1	3
E	4	8	3	7	2	1	6	5	9
F	7	9	1	5	6	3	8	4	2
G	1	7	5	8	3	2	9	6	4
H	2	4	6	1	7	9	3	8	5
I	9	3	8	4	5	6	1	2	7



Valentine's Day

February 14th



ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS

LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE

