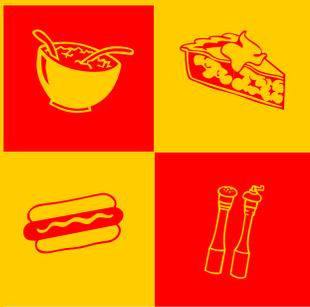


Neighbourly News



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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 Ke-nora-Rainy River Districts*
- ♦ *Values: Collaboration; empowerment and self-determination; diversity and social justice; accountability, integrity and transparency; innovation.*

Ky's Korner; the aftermath

Kyleigh Ossachuk- Peer Support Worker- Fort Frances

Hello everyone. I hope you all had a good week last week, and got to enjoy some of the nice weather we have been having in the district. Here is hoping we get some more in the next coming months.

As we all know, last week was Mental Health week, and what a busy week it was. I know that all offices were busy doing anything they could to make the week as memorable as they could.

There were BBQ's, food, decorations, people out in all communities, and green to be seen all over. The support from everyone was overwhelming, and so wonderful to see.

I had the opportunity in Fort Frances, to help out with decorating, cooking, and delivery of the care packages, and I had a blast. It was so nice to be out in the community, and to be able to meet with some of our members, and work with the other staff in our building. It was good to see

people and spread some cheer, positivity, and of course, some Mental Health awareness.

We encourage everyone to keep believing, keep being positive, and keep up with the physical distancing and hand hygiene procedures. If you are in crisis please call the Crisis line, toll free at 1 866 888 8988.



Just a heads up

As the restrictions around this pandemic continue to change from day to day, new things continue to be put in place for the staff, members, and clients at CMHA- Fort Frances branch.

The newest addition to protective protocol is a "client screening" that we will do before we come and visit you. This screening tool will help keep you safe, and keep everyone else safe.

The screening consists of a few questions that are a simple "yes" or "no" answer. The staff member coming to see you will ask you these questions before they start the visit, and then carry on as normal.

Big white wall

Catchy tag line, right? Yeah. It's cool. But nevermind, onto the real point; Big white wall. What is big white wall? How can it help me? What is the purpose? Let's get some of those answers for you.

BWW is a peer to peer program that is available for everyone who has access to the internet, an e-mail address, and some time for themselves.

It is an online program run by

peers, for peers. So it's like a Drop-In, but over the internet. The goal is to provide support through safe, and healthy connections through this social network. You can share things with the other people who are signed up, get support, and learn new things along the way.

BWW is a great resource with wonderful, trained, clinical support staff that will be there to help with your questions, concerns, and feelings. This is a unique environment for you guys to lead to

your own recovery, and well being.

If you are interested in checking out Big White Wall, you can go to www.bigwhitewall.com and start the sign up process. The support staff is available 24/7, all day, every day, to help you. It is free, and would be a great program to have in your back pocket for a rainy day, or just to log on and meet some new friends. It is a voluntary service, much like the Drop-In, and you can leave at any time. You may surprise yourself.

Simple steps to self care

We all need self care. We don't realize it, but it's true. The simplest things can help us feel less stressed, less anxious, and more like ourselves. Here are a couple things to remember to do to look after yourself.

It is ok to say no to your family, and friends. If something is making you uncomfortable, anxious,

"Don't compare yourself to other".

overwhelmed, it's ok to say no. Be aware of how you feel, and what you

need. It's ok to take a step back, and recharge, and focus on yourself.

A big thing to remember is that everyone is different, so don't compare yourself to others. Do what you need to do, and take your time. No one can heal yourself, except yourself. So be mindful, and make sure that you are doing that. You

You are not alone (in feeling lonely)

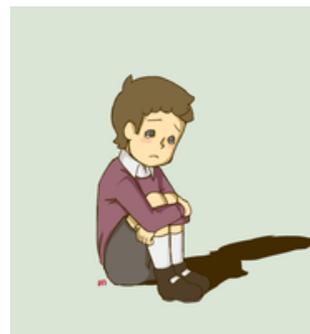
Loneliness.

A feeling that almost everyone is feeling right now. You are NOT alone. Although you may feel like you are, you aren't.

Do what you can to keep in contact with your friends and family. It's ok to let them know you are feeling

lonely, and that you need someone to talk to. Don't be afraid to ask questions. Ask your friends and family how they are, ask them if they are feeling lonely. Check in on them, be honest with them.

Keep yourself busy. Create some things. Arts, crafts, journal, knit, anything to keep occupied. It will not



cure loneliness, but it may help with some of those feelings. Reach out, do not be afraid to ask for help, don't forget that you matter. That is important.

Thank you, everyone!

A HUGE thank you needs to be shared with everyone for all of their efforts last week for the 69th annual Mental Health week.

Thank you to all the staff throughout the district for all of your help with care packages, decorating, deliveries, and all of your support.

Thank you to all of the clients and members of CMHA- FF programs who were so patient, kind, and

accepting of our “new way” of doing things. It is very much appreciated, and it makes things a little bit easier.

Thank you so much to Calder Law offices of Fort Frances for the generous donation to our care package meal on Wednesday, May 6th in honour of Mental Health week. This nutritious addition was enjoyed and appreciated by all.

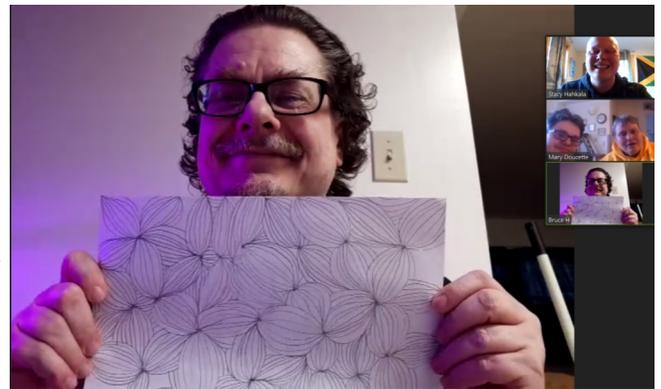


Come on and Zoom!

The staff and members of the Drop-In in Kenora have been having weekly Zoom meetings. The picture to the right shows some of the participants from last week, and the art project they were working on.

If you would like to participate in these weekly meetings, no matter what community you are in, please contact your Peer Support staff, and

they will get you the details of the meeting times and dates, and would be happy to help you out any way they can. This is a great opportunity to connect with people, have some fun, and be social, all from the comfort of your own home.



Shout outs!

This week, we would like to take this opportunity to welcome back Lisa Vigfusson! Lisa was off on maternity leave, and has recently started back to work at the CMHA-FF, Kenora location. Welcome back, Lisa!

CMHA- FF, Fort Frances location sends a big shout out to the local

Boston Pizza for donating meals to some of our clients and members in some of our programs here. Thank you Boston Pizza for your generosity, and kindness; we appreciate it.

Thanks to everyone, like we have said before, you all make this possible. Keep it up, everyone.





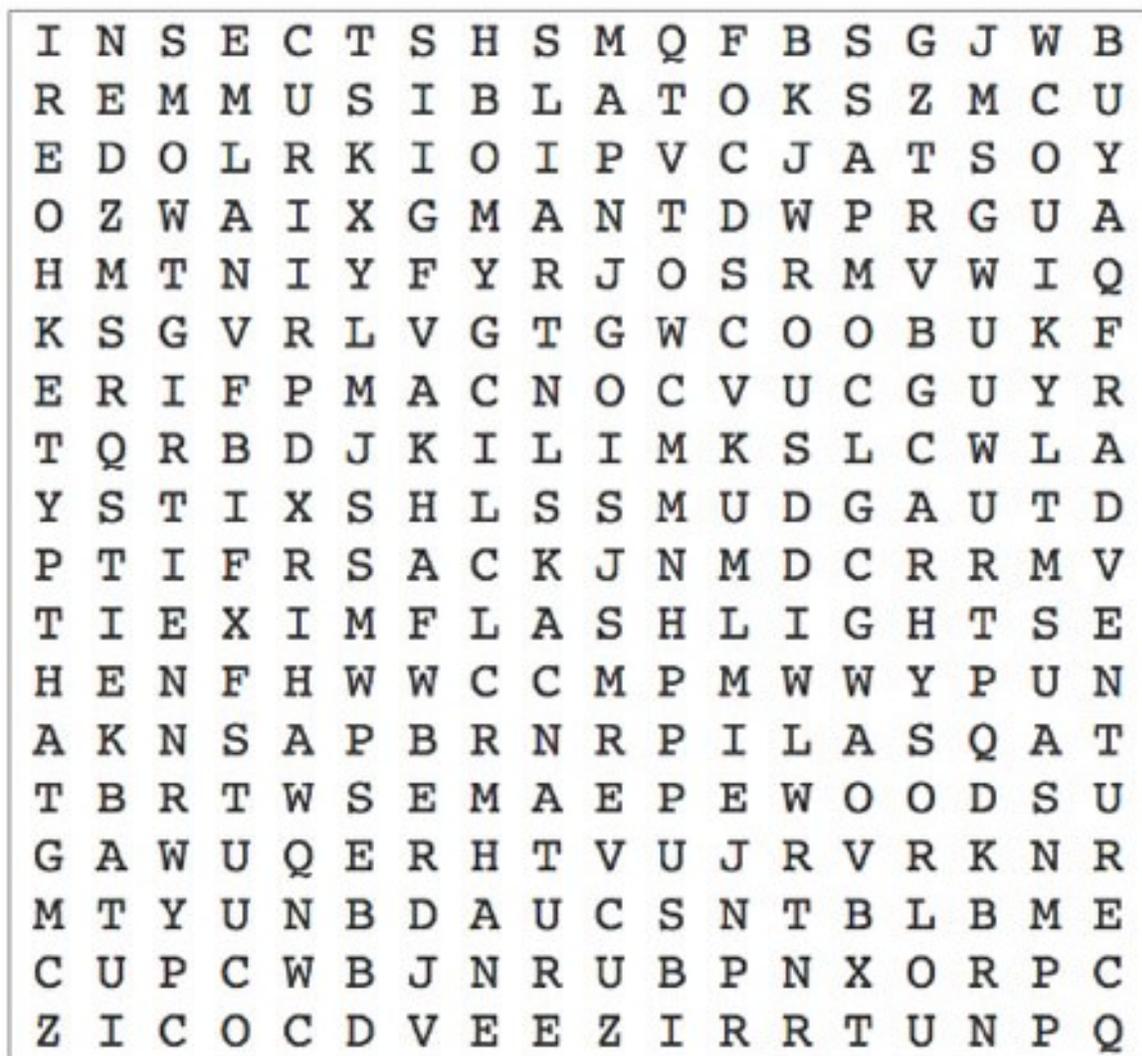
SUDOKU PUZZLE

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Answers to last weeks Sudoku:

8	5	1	9	2	4	7	3	6
3	9	4	1	7	6	2	8	5
6	2	7	8	5	3	1	9	4
5	4	9	7	6	1	8	2	3
1	8	2	3	9	5	6	4	7
7	3	6	2	4	8	9	5	1
4	7	8	5	1	2	3	6	9
2	1	5	6	3	9	4	7	8
9	6	3	4	8	7	5	1	2

Happy Camper Word Search



ADVENTURE
BINOCULARS
CAMPER
CAMPFIRE
COMPASS
FISHING
FLASHLIGHT
HIKING
INSECTS
MAP

MARSHMALLOWS
NATURE
SAFETY
STARS
SUMMER
SUNSCREEN
SWIMMING
TENT
TRAILS
WOODS

