

MISSION STATEMENT

Mental Health Connections endeavours to empower persons with a mental illness to maximize their growth and potential through the use of recovery strategies.

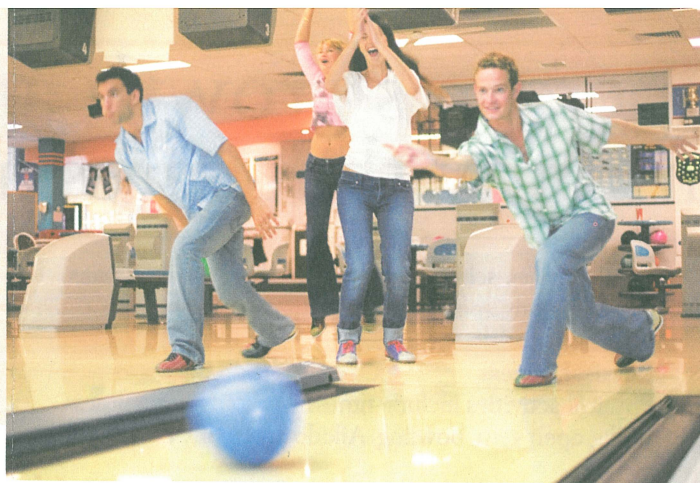
VISION

A stigma-free society that cares, understands and accepts people with a mental illness for their abilities rather than their disabilities.

VALUES

Respect, dignity, integrity, self-determination, choice, empowerment, hope, individuality, confidentiality, diversity, honesty, equality, optimism and non-judgemental attitude.

**BALANCE IS
KNOWING
WHEN TO USE
YOUR STRENGTHS
AND WHEN TO
TAKE TIME TO
RENEW THEM.**



Mental Health Connections would like to acknowledge

The Ontario Trillium Foundation
for financial support to install an elevator at
370 Erie St. East, Windsor, Ontario

Mental Health Connections offers one integrated service previously provided by:

Programmed Activity for Therapy
and Health (PATH)

Consumer Survivor Alliance of
Windsor-Essex County (C-SAW)

Family Mental Health Network (FMHN)



370 Erie Street East, Windsor, Ontario N9A 3X3
Tel. 519 256-4854 Fax 519 256-3431
www.mentalhealthconnections.ca

Regular Hours: Mon-Fri 9:00 a.m. – 3:30 p.m.

FUNDED BY THE MINISTRY OF HEALTH AND LONG TERM CARE
THROUGH THE ERIE-ST. CLAIR LHIN

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Maximizing each person's growth and potential in a supportive community that cares and understands.

Mental Health Connections provides integrated psychosocial rehabilitation services to Windsor-Essex County adults with mental illness during their recovery process. Services are provided at no cost.

Our centre is a welcoming environment in which individuals can strive to maximize their potential by accessing a variety of strategies for recovery - social, recreational, fitness, educational, vocational and peer support activities - both on site and in the community. Family members of individuals with a mental illness are also offered support and education.

CLIENT INITIATIVES

Social Activities

Individuals visit our centre to enjoy a beverage and a snack, read the newspaper, watch TV or engage in informal discussion with staff members or each other.

Life Skills

Classes are offered, such as: laundry, cooking, nutrition, budgeting, personal hygiene, meeting facilitation, conflict resolution, etc.

Personal Growth Groups

Groups such as self esteem, anger management, assertiveness, boundaries, communication and self awareness are offered regularly. Many other groups are also offered.

Recreational Activities

Various activities are offered throughout the week, including: ceramics, crafts, music, art, computers,

leisure games, scheduled outings, educational sessions or discussions, speakers, etc.

Physical Fitness

Physical activities include fitness workouts, aqua fitness, walks, open gym, bowling, Aikido and many other sports.

Vocational Activities

Time-limited paid training is offered through in-house programs.

Peer Activities

Peer discussion groups are held on a variety of interesting and relevant topics.

The Ladies' and Men's Groups meet once a week for an afternoon of activities led by a peer.

The Wellness Recovery Action Plan (WRAP), a seven-week program to assist individuals improve the overall quality of their lives is presented by trained peers.

Monthly meetings are held with clients to receive feedback and input regarding programming and services.

Other peer-led program activities are available on a monthly basis.

County Outreach Programs are held weekly in Leamington and Amherstburg.

The Consumer Mental Health Network consists of 3 groups in the Erie-St. Clair Local Health Integration

Network (LHIN) - Windsor-Essex County; Chatham-Kent County; Sarnia-Lambton County. This Network provides consumers with an opportunity to provide integrated feedback and input into the health care system. There are 14 LHINs in the province of Ontario.

FAMILY INITIATIVES

Support

Meetings are held on the second Wednesday of every month at 7 p.m. to offer support to family members and caregivers of individuals living with mental illness.

Individual support is available by appointment.

Education

A 12-week Family-To-Family Education Program is offered twice per year - usually January and September. This program was developed for the families of persons with a mental illness by the National Alliance for the Mentally Ill (NAMI) and is presented by certified instructors who are also family members.

The curriculum focuses on the symptoms and treatment of mental illness. It also provides knowledge and skills to assist family members to cope more effectively during recovery and rehabilitation.

All course material for the NAMI program is provided at no cost.

Please call for information on these programs.

A MONTHLY SCHEDULE OF ACTIVITIES IS AVAILABLE AT OUR OFFICES. PLEASE CALL FOR DETAILS.

OUR DREAMS
BELIEVED
BECOME DREAMS
ACHIEVED.

SUCCESS
LIES WITHIN REACH
OF THOSE WHO
REACH BEYOND
THEMSELVES.

EVERY CHALLENGE
IS AN OPPORTUNITY
TO DISCOVER WHO
WE ARE AND SEE WHAT
WE CAN BE.

ABILITY BACKED
BY A COMMITMENT
TO EXCELLENCE
OVERCOMES ANY
CHALLENGE.