



The Outlook

Fall/2007

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The Outlook

Is a publication of the:



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BIG DADDY TAZZ AND FRIENDS

Come To Our Biggest Fundraiser Of The Year

6th Annual Mood Disorders Association of Manitoba **COMEDY NIGHT**
BIG DADDY TAZZ & FRIENDS

Saturday, October 20th @ 7:30PM
Pantages Playhouse Theatre
Tickets Now Available for \$20⁰⁰

Silent Auction! Great Prizes!

Tickets Available Now at either
4 Fort Street • Ph: 786-0987
or at **ticketmaster** Ticketmaster convenience fees will apply



Some **SILENT AUCTION PRIZES** include an all expense paid 5-day cruise for two, 26" LCD TV with a built in DVD Player, Seasonal Affective Disorder Lamp, Car Stereo System, GIFT CERTIFICATES AND MUCH, MUCH MORE.

THERE WILL BE ACTS FROM L.A. AND TORONTO.

DON'T MISS THE FUN

THE MOOD DISORDERS ASSOCIATION OF MANITOBA

Dedicated to

SELF - HELP

From the Executive Director—Thank You to Bev Trachuk

We thank Bev for her commitment and passion for people living with mental illness. Bev Trachuk worked for Mood Disorders for eleven years. She worked as an Outreach worker and as Executive Director. Bev Trachuk is regarded with such high esteem. Through her hard work and dedication thousands of people living with mood disorders have found their way to recovery and support. Due to her encouragement and vision FACES came into existence at 4 Fort Street. The impact Bev has made on the community is immeasurable. Bev can be proud of what she has accomplished.

I have the privilege of now leading the organization. I thank you for the honour in serving people who live with mood disorders. I am very excited to be a member of this organization in assisting individuals with self-help. I look forward to working with the Board as we develop initiatives and opportunities for the future. It is a strong Board of community leaders where through advocacy we can impact mental health services in Manitoba. The staff in all the Branch offices work long hours to provide peer support and education. I am impressed with the calibre and dedication of the volunteers. They are a dynamic and caring group.

Prior to this new role, I have been involved in Health care at the administrative level for the past ten years, and before that I was on the Advisory Committee to the Minister of Family Services. At the community level, I have been very involved with Boards and organizations as a volunteer. I am blessed with four children.

Tara Brousseau

Listening

When I ask you to listen to me

and you start giving advice, you have not done what I asked.

When I ask you to listen to me

and you begin to tell me why I should not feel that way, you are trampling my feelings.

When I ask you to listen to me

and you feel you have to do something to solve my problems, you have failed me, strange as that may seem.

Listen! All I asked was that you listen.

Advice is cheap: the price of a newspaper will get you

Dear Abby and Billy Graham. I can do for myself: I am not helpless.

When you do something for me that I can and need to do for myself,

you contribute to my fear and weakness.

But, when you accept as a simple fact that I do what I feel, no matter how irrational,

then I can quit trying to convince you and can get about the business of

understanding what is behind this irrational feeling.

And when that is clear, the answers are obvious,

And I do not need advice. Irrational feelings make sense

When we understand what is behind them.

MENTAL ILLNESS AWARENESS WEEK

SEPTEMBER 30—
OCTOBER 6,

2007

What has MDAM done for you?

- We want to hear your stories
- Mood Disorders can be beaten
- Let's spread the good news

Please email submissions to:

education@depression.mb.ca

Leisure group

The MDAM leisure group has held many successful events to date including Goldeyes games, Bomber games, bowling, movie nights, celebrating birthdays, potlucks, games, chair aerobics, healthy eating, and guest speakers. I have noticed that the leisure group participants have benefited from their participation within the community and the peer support provided from fellow members.

We will continue to meet every Saturday. Some upcoming added events include a magic show, mindful and meditation classes, and Winnipeg Symphony Orchestra performances.

We have room for more leisure group participants. Please contact Matthew Sarbit at Mood Disorders Association of Manitoba for more information.

Before I was hired with MDAM I was an active volunteer. The benefits I received from helping others help themselves was extremely rewarding.

Currently there are openings for volunteers including our upcoming comedy night fundraiser (Big Daddy and Tazz and friends), peer support providers at the office , group facilitators or speakers for educational presentations.

I would like to thank all of the current volunteers for all their hard work since I was hired as the Volunteer Coordinator.

Matthew Sarbit

Coordinator of Volunteers

volunteercoord@depression.mb.ca

WHY BE A VOLUNTEER

It's not for money, it's not for fame and it's not for personal gain.

It's for love of fellow man; it's just to lend a helping hand.

It's just to give of self, that's something you can't buy with wealth.

It's not for medals worn with pride; it's just for that feeling deep inside.

It's that reward down in your heart, it's the feeling that you've been part.

Of helping others far and near, that makes you a VOLUNTEER.

VOLUNTEER IN FOCUS -RICK GRANT

Rick Grant began volunteering with the Mood Disorders in 2006. He volunteers twice a week at MDAM. Rick is always on time and often starts his volunteer shift a few hours early. He is very devoted to the organization and performs a variety of essential office duties. He is very thorough with his volunteer work and has made an extremely positive impact at MDAM. Rick works well with co-workers and is an asset to the organization. I feel Rick has demonstrated that he is an outstanding volunteer. Thank you Rick for all you do, and continue to do for the Mood Disorders Association. Matthew Sarbit, Coordinator of Volunteers, Outreach Worker

*** HOT PENNING ***

Hot penning is an unusual way to get in touch with how you truly feel about the many things that have occurred in your life. It's a way to write down from the heart, not the head. Hot penning is a healing process for the heart. **When the heart feels well, the head and body follow.**

DIRECTIONS:

Sit in a comfortable position where you won't be distracted or disturbed.

Decide how long you should journal – 20 minutes is a good length of time – and set a timer if possible, so you won't be distracted by looking at watch or clock.

Begin with a question that has been supplied in therapy, or a feeling word -- basically something to get you started on a subject or feeling you wish to explore.

Start writing as fast as you can and as much as you can.

POINTERS:

Don't stop to think about what you write, or your spelling or your grammar. No one is going to judge what you write. How it sounds to others is unimportant, this is something for you and you alone – it may not make sense to someone who isn't in your head!

Write ANYTHING that pops into your mind. Even, "I don't know what to put down on the stupid piece of paper."

If a lull comes into the writing—KEEP WRITING!!! ("I can't think of what to write so I am writing this silly sentence.")

The key to successful hot penning is to never take your pen from the paper. If you just keep writing and not thinking, what is in your heart, not in your head, will begin to appear on paper.

GOOD LUCK & GOOD WRITING * *

Sometimes we don't have someone that we can talk to about our innermost feelings.

Even if you do it is hard to get people just to LISTEN not JUDGE or FIX us. Hot Penning is a way of getting those feelings and frustrations out of your head and onto paper. Try it you may be surprised by how good you feel.

Audrey Hepburn wrote this poem when asked to share her "beauty tips". It was later read at her funeral years later.

For attractive lips, speak words of kindness. **For lovely eyes,** seek out the good in people.

For a slim figure, share your food with the hungry. **For beautiful hair,** let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone...People, even more than things have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others

What is new in education

Wow it has been such a busy time, but now that we have a terrific new Executive Director I am just concentrating on Education and through that trying to eliminate the stigma of mental illness.

Thank You. Tina Holland Phone: (204) 786-0987

E-mail: education@depression.mb.ca

Education will be presenting Special Interest Seminars

Once a month, 7PM. To 9PM. At FACES

100-4 Fort Street, Winnipeg, Manitoba

Thursday October 18 Depression/Bi-Polar & Beyond

Thursday November 15 Care for the Caregiver

Thursday December 6 How Do I Get through the Holidays?

MEET DAVE SHULTZ

I feel very lucky to be where I am, doing what I am doing and most of all to be doing it with the people that I am. That feeling is still fairly new to me: I had it for the first time on January 6, 2006, the day I first came to volunteer at the Mood Disorders Association. At the beginning of July, 2007 I took over the staff position of Administrative Support at the Provincial office. I sit at the reception desk and meet visitors, maintain the membership list, answer email correspondence, try to keep the pamphlet wall in order, rent out sad lights, and squeeze in a little peer support when I can.

A lot has changed at MDAM since January 2006, particularly the staff. I have many fond memories of working with Bev, Erin, Edward, Fiona and only hope to make newcomers and regulars feel as welcome, accepted & appreciated as they made me feel.

A few months ago a counselor told me that I have to see times of change as times of opportunity. Not a revolutionary idea, but a good one, and she told me this at a time when I needed very much to hear it. I've taken her advice to heart, and that gets easier to do every day, as I learn to appreciate the commitment and talents of the people with whom I work. Matthew and Tina have been better than great. Tara's arrival as Executive Director, has been inspirational, and she is continually surprising us with abilities and insights that could never have been anticipated. These truly are times of opportunity.

Through all of the upheaval that flowed from staffing changes, the spirit and the quality of service at MDAM never suffered. Most of the continuity was provided by volunteers. People like David Calof, Dawn Beirnes and Lisa Dreger are the essence of MDAM, and I am grateful for these volunteers like these. I am grateful that they are there at all.

IN MEMORIUM

Donations received in Memory of:

Joey Stott	Anna Maciocha
Norman Calof	Wanda Richert
Aynsley Aurora Kinch	Steve Wikdahl
Elliot William Constantine Fitch	Edwin Zubert

Donations received in honour of

Jack Ellis and Maureen Rowden

DONATIONS ARE GREATFULLY ACCEPTED
AND ENABLE US TO EXPAND SERVICES

MDAM Outreach Offices

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100-4 Fort St. Winnipeg, MB R3C 1C4

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Toll Free: (800) 263-1460

Fax: (204) 775-3497

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Norman Region
Faces of the North

Box 2605

108 A - 3rd ST. W.

The Pas, Manitoba

E-mail: cmhanr2@mts.net

Westman Region

M - 435 Rosser Ave.

Brandon, Manitoba

R7A 6S2

Tel: (204) 725-8555

E-mail: kpedlow@mts.net

Central Region

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Altona, Manitoba R0G 0B0

Tel: (204) 324-6110

Fax: (204) 324-6100

Interlake Region

Box 1004

Gimli, Manitoba

R0C 1B0

E-mail: mdamint1@mts.net

Tel: (204) 642-7886

Parkland Region

Room 448

Dauphin Regional Health Centre

625 3rd Street S.W.

Dauphin, Manitoba R7N 1R7

Tel: (204) 622-4104

E-mail: egracesnitka@msn.com

Selkirk Mental Health Centre

Box 9600

825 Manitoba Ave.

Selkirk MB. R1A 2B5

Burntwood Region

C.M.H.A.

43 Fox Bay

Thompson, Manitoba R8N 1E9

Tel: (204) 677-6056

Eastman Region

3 - 227 Main St.

Steinbach, Manitoba R5G 1Y7

Tel: (204) 326-3623

E-mail: sdmde@mts.net

PsychHealth Outreach Office

PZ-395 PsychHealth Centre

771 Bannatyne Ave.

Winnipeg MB. R3E 3N4

3rd Annual Heroes of Mental Health Gala
Where: Juniper Centre, Thompson
When: Saturday October 13, 2007
Entertainment: Victoria Maxwell BFA, BPP* is the creative director of Crazy for Life Co. and an award-winning actress and playwright with over 18 years experience.

If you believe in the work MDAM is doing, please show your support through membership

New _____ Renewal _____

Student _____ \$15.00 Name _____

Senior _____ \$20.00 Address _____

Adult _____ \$25.00 City _____ Prov. _____