

Dryden District Peer Support Drop-in Centre

Membership Meeting minutes from June 20 2018

Our Vision - Mental health and wellness in all communities

Our Mission - to be a leader in the provision of advocacy, education, research and client-centered recovery-based services in the Kenora and Rainy-River District

Our Values - collaboration, empowerment and self-determination, diversity and social justice, accountability, integrity and transparency and innovation

Summer is officially on June 21. Looks like we are all in for a heat wave this season. We have all enjoyed a nice BBQ at this meeting with a few people helping out with the meal preparation. Many burger patties have been flipped and many more will be, when we have a BBQ every month this summer.

We remind all the members that the monthly calendar is always an open book and to have a look at what has been written so far for the coming month. Write in your suggestions for activities. Outside activities would be really great for all of use to catch some waves or some sun. Get Ready!



Summer Activities:

- ⇒ We are doing BBQ's once a month with some future meal ideas and even out at the park we can grill
- ⇒ Our community garden boxes are in progress and there is still room for other members to plant
- ⇒ A full day blue lake provincial park trip is in the works for August
- ⇒ Beach days and walks/hikes are also scheduled with possible nature walks thrown in the mix
- ⇒ It has been suggested we play some minor sports outside, like tennis or badminton
- ⇒ Picnic with cold food in the park was also suggested



Meal Helpers are required to make meals happen. Members can help in small ways and even with preparation. In general, if the BBQ or breakfast day comes and there are no helpers, the BBQ or breakfast will be cancelled—whether there are people here or not. The intent of the meals are not only for good food but for members to learn valuable meal planning, preparation and cooking skills. Get cooking!



A **Safe Talk** Course is being offered to all drop-in members. The CMHAFF educator will be coming to facilitate this course. It is a 2 hour workshop for members to learn about suicide intervention and other mental health crisis situations. If you are familiar with ASIST education, Safe Talk has some similar elements. This will be a great opportunity for members to learn how to be effective in helping someone in distress and possibly saving another persons life.

Conference

The 20th Annual Consumer and Family Conference is coming to Dryden Best Western on September 26th and 27th. This is a very large event focusing on mental health and well being. The event consists of public speakers, meals, workshops, pool activities, wellness/information room with booths by regional service providers and useful information. This year there is also a comedy routine and entertainment with a dance in the evening of the September 26th.

Registration forms are available at each drop-in centre and can be faxed or done over the phone for those with impairments.

Nomination forms are also available to suggest someone in the community or member to be a recipient of one of the three award categories.

Hosts sign up will be soon for the conference. A host helps with the workshops and general running of the conference. They help direct conference goers to the right areas, greeting, setup/take down and monitoring the different rooms. A host wears a green t-shirt to help goers recognize them. If you are interested in becoming a host please talk to Philip at the Dryden drop-in centre.

The peer support staff of CMHAFF work very hard throughout the year planning and help facilitate this conference. We hope you all enjoy this event!



Notable Dates: June 21-First Day of Summer, July 1-Canada Day and drop-in will be closed July 2, July 9-Haircuts 10am-12pm limited space so sign up now, August 6-Civic Holiday and the Drop-in is closed.

HAVE A GREAT SUMMER EVERYONE!