



SCHIZOPHRENIA SOCIETY OF ALBERTA

NEW PROGRAM - YOUR PERSONAL RECOVERY JOURNEY

Wherever you are in your recovery, this program is for you - to learn, grow, share and empower others through personal experiences and be empowered through the sharing.

Your Personal Recovery Journey is based on the CHIME framework for personal recovery. The program will include six modules, one on each of the following recovery processes as well as an "introduction to recovery" module.

1. Connectedness
2. Hope and Optimism
3. Identity
4. Meaning
5. Empowerment

Watch for more information and program start dates to be announced in October! **To put your name on the list now, please contact Kim at kshenton@schizophrenia.ab.ca or 403-327-4305**

ONLINE PEER SUPPORT GROUP

Our Online Peer Support Program gives you a safe place to share your experiences, wherever you are. This program brings together people who are living with schizophrenia to share thoughts and feelings, offer nonjudgmental advice, and provide support to one another.

You can participate in the session in a way that makes you feel comfortable, either through instant messaging, via microphone, or with full video chat.

We now have a Monday evening group as well as the Tuesday afternoon group!

Monday Evenings

7:00 pm - 8:00 pm

Tuesday Afternoons

1:30 pm - 2:30 pm

Register for these programs online at:

<https://www.schizophrenia.ab.ca/programs/online-peer-support>

For more information, please contact Kim: kshenton@schizophrenia.ab.ca or 403-327-4305

DON'T MISS THESE UPCOMING ONLINE EDUCATIONAL SPEAKER FORUMS!

*Please note that our forums are not recorded to protect the confidentiality of participants.

Registered Disability Savings Plan and the Canada Disability Savings Grant and Bond

Employment and Social Development Canada will share information on the Registered Disability Savings Plan (RDSP), which supports persons with disabilities to save for their future.

Date: Wednesday, September 17, 2025

Time: 5:00-6:30pm

Rehab for Serious Mental Illness - Cognitive Behavioral Therapy for Psychosis (CBTp)

A deep-dive presentation and discussion into therapeutic care for people living with psychosis and schizophrenia. You can expect to learn about:

- A practical model to understand psychosis and mental illness
- The CBTp treatment model and some typical phases
- CBTp informed strategies for supporting others

Date: Thursday, October 16, 2025

Time: 5:00-6:30pm

For more information and to register, please visit our website:

www.schizophrenia.ab.ca

YES 2 ME SCHOLARSHIPS NOW OPEN - FALL 2025



SSA was thrilled to award several scholarships for the Fall 2025 term to deserving individuals living with schizophrenia who are pursuing post-secondary education in Alberta. These scholarships help support students in achieving their educational goals and provide encouragement to continue striving for success despite the challenges they may face.

A huge thank you to our sponsors, the Alliance of Otsuka and Lundbeck, for generously supporting the Yes 2 Me Scholarships for the past nine years!

Congratulations to our 2025 Fall Yes 2 Me Scholarship winners:

- Daria Zamlila
- Ellisa Jukes
- Liam Mitchell
- Melissa Morgan

Scholarships graciously sponsored by:



SAVE THE DATE! 2025 ONLINE AUCTION FUNDRAISER

Our "See Me, Not My Illness" Annual Fundraising Campaign is almost here! We're kicking things off on October 15th with an exciting online auction fundraiser. Every bid you make helps support SSA programs that are offered across the province.

The auction marks the start of our 2025 campaign which runs until December 31st with the goal of raising \$125,000. Stay tuned for more details and sneak peeks of auction items - you won't want to miss it!

If you have an item or service you would like to donate or for more information, please contact us: info@schizophrenia.ab.ca.



NATIONAL DAY FOR TRUTH AND RECONCILIATION

September 30th marks the National Day for Truth and Reconciliation, coinciding with Orange Shirt Day.

At SSA, we acknowledge and deeply respect the enduring presence and strength of First Nations, Métis, and Inuit peoples - those whose ancestors walked this land long before us, and with whom we continue to share it today. We honour their legacy and resilience.

As a Society, we reaffirm our commitment to move forward in collaboration and solidarity with Indigenous Peoples of Alberta, taking meaningful steps toward reconciliation and mutual healing.

Want to learn more or get involved? **Check out events happening in your community through the Government of Alberta's website:** <https://www.alberta.ca/lookup/culture-events-search.aspx>

FEATURED ARTICLE:

How can you promote positive mental health in daily life?

You can promote positive mental health in your daily life and in the life of others by:

- helping people to feel included in your community:
plan community events like a barbecue, organize reading, running, or arts and crafts programs.

- participating in physical activities and encouraging participation of:
family members, work colleagues, friends, and neighbours.

- taking ownership of your life experiences and not blaming your situation on events beyond your control
- eating well
- creating and monitoring safe play areas for children
- being accepting of changes in your environment, such as:

a new job, changing schools, going through a divorce, the death of a loved one, being diagnosed with an illness.

- identifying and realizing your goals (self-efficacy)



Read more at: <https://www.canada.ca/en/public-health/services/promoting-positive-mental-health.html> Source- Government of Canada