



CSN VOICES NEWSLETTER

The official newsletter of The Consumer Survivor Network -
Program of Friends & Advocates Peel and Surrounding Areas
Phone: 905-452-1002 ext. 332

What's Coming Up!

JANUARY

What is the Strengths Base Approach to Recovery?

You deserve to take care of yourself. You deserve to put your life as the top priority. You deserve to learn, stretch, and grow. You deserve to have options to draw from. For all of 2024, we will be diving into the strength-based approach to recovery. This month, we will learn what it is.

FEBRUARY

The ABC's That Get Us Into Gear

This month we will look at preparing for the journey ahead - the journey of recovery.

A = Attitudes

B = Behaviours

C = Cognition

MARCH

Fuel for the Journey

This month, we will discuss the concept of turning around towards recovery. We will cover the importance of motivation, discipline, and the obstacles to starting the recovery journey.

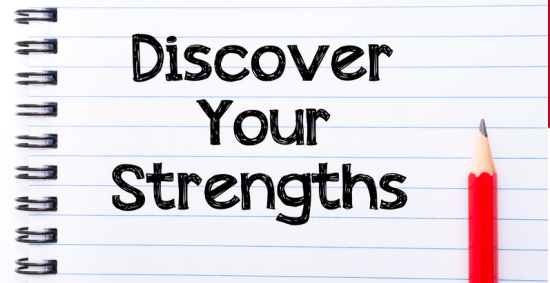
ANNOUNCEMENTS

Things to know!

- Please take a look at the etiquette as there have been slight changes/ (changes apply to zoom and in-person)
- Please read "A message from your CSN Coordinator".
- **Mississauga due to circumstances outside my control meetings will now be at 2pm and finish at 4pm.**
- I will be off December 25th - January 9th.
- Happy Holidays, Merry Christmas, Happy New Year!
- See you in 2024!

CHECK OUT THESE RESOURCES!

24.7 Crisis Support Line 905-278-9036
Distress Centre of Greater Toronto 416-408-4357
Telehealth 1-866-797-0000
ConnexOntario 1-866-531-2600
Centre for Grief and Healing 905-848-4337
Progress Place 4pm - 12am 7 days a week 1-888-768-2488
Talk Suicide Canada 24/7/365. 1-833-456-4566
Crisis Text Line: Text **HOME** to 686868 to text with a trained crisis responder



FRIENDS & ADVOCATES

Peel and Surrounding Areas

239 Queen St. E, Unit 6, Brampton, ON L6W 2B6

Work Hours: Monday to Friday 8:30am - 4:30pm

Telephone..... 905-452-1002 ext. 332

Cell..... 289-815-2774

E-mail CSN@fapeel.org

Website..... www.fapeel.org

Connect with us online:

Join Zoom by phone at 647-558-0588



Join Zoom by computer: <https://zoom.us/join>

Zoom Meeting ID: 703 571 1290

Zoom Password: 54321



Facebook.com/consumersurvivornetwork



Instagram.com/consumersurvivornetwork



YouTube.com/@consumersurvivornetwork

DAILY TIPS FOR SELF-CARE

• Gratitude

- Regularly practicing gratitude can have very positive effects on our daily lives.
- *Speak your gratitude! It can be beneficial to say what you are thankful for out loud to yourself.*

• Enjoy a hot beverage

- Sit with your drink and be present in the moment.
- Allows you to practice joy and mindfulness in the little everyday things.

• Things to do indoors

- Read a book
- Daily stretching
- Learn a hands-on activity (e.g. crafts, painting, new cooking recipe, etc.)

Consumer Survivor Network

In-person Group Etiquette



1. We will be self-determined and participate to our comfort level and remember that we always have the right to pass.
2. Confidentiality: In this space we will have confidential conversations. Please respect each others privacy and remember what is said in the discussion, STAYS IN THE DISCUSSION! "Nothing about me, without me". If you talk about something you learned during a CSN discussion outside the group, do not use identifying information about individuals involved. **I will only break confidentiality if someone expresses they are at risk of serious harm to themselves or others; or if a child under the age of 16 is at risk of being harmed.**
3. Conflict is a normal part of any group/discussion. Be open-minded and remember the speaker's right to convey their thought/message. Hold yourself and others at high regard.
4. Ask permission. This is a space of respect, dignity and social inclusion. If someone shares and you wish to ask a question, ask permission first. Also, remember this is a safe space to say "no". We respect reciprocity - we are all here to share our experiences as well as listen to and learn from others. Respect and support one another as you would want to be respected and supported.
5. This is a safe space, free from stigma, prejudice and discrimination. Some topics may create a strong emotional reaction or uncomfortable/uneasy feelings. Please remember to be compassionate to yourself and others, limit details and descriptive and traumatic language, and do not name medications or substances. Share only what you are comfortable sharing!
6. Limit using the word "you" when describing your own experience of an event/situation. Use "I" statements when sharing your personal experiences to take ownership of your feelings and opinions.
7. Don't "should" on yourself or others, we are not here to pass judgement.
8. If you need to leave the room, please give me a "thumbs up" meaning everything is ok or a "thumbs down" meaning you need a moment or separate support.

Reminders:

Take what connects and leave what doesn't!

Listen to what others are saying and let them finish before you speak.

Allow opportunities for everyone to speak.

Humour is a great healing tool.

The safety of the group comes before the safety of one. Please keep in mind etiquette #3, #4, & #5.



CSN AGENDA JANUARY - MARCH

Join Zoom by phone at 647-558-0588

Join Zoom by computer: <https://zoom.us/join>

CSN Zoom Meeting ID: 703 571 1290

CSN Zoom Password: 54321

No entry to zoom meetings 10mins after start time.

THURSDAY JANUARY 11 11:00AM ON ZOOM Topic: The Strengths - Based Approach	THURSDAY JANUARY 18 2:00 - 4:00PM IN-PERSON In-person group Etobicoke	THURSDAY JANUARY 25 1:00 - 3:00PM IN-PERSON CANCELLED In-person group Brampton
THURSDAY FEBRUARY 1 2:00 - 4:00PM IN-PERSON In-person group Mississauga	THURSDAY FEBRUARY 8 11:00AM ON ZOOM Topic: Preparing for the Journey	THURSDAY FEBRUARY 15 1:00 - 3:00PM IN-PERSON In-person group Brampton
THURSDAY FEBRUARY 22 2:00 - 4:00PM IN-PERSON In-person group Mississauga	THURSDAY FEBRUARY 29 2:00 - 4:00PM IN-PERSON In-person group Etobicoke	THURSDAY MARCH 7 11:00AM ON ZOOM Topic: Motivation, Discipline & Obstacles
THURSDAY MARCH 14 1:00PM - 3:00PM IN-PERSON CANCELLED In-person group Mississauga	THURSDAY MARCH 21 2:00 - 4:00PM IN-PERSON In-person group Etobicoke	THURSDAY MARCH 28 1:00 - 3:00PM IN-PERSON In-person group Brampton





CSN AGENDA DETAILS JANUARY

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All in-person groups run for 2hrs.

For in-person activities - Please call the office to register minimum 2 business days before the activity! Subsidy available to F&A members only.

Brampton

Location: Loafers Lake Recreation Centre

Address: 30 Loafers Lake Ln, Brampton ON (Main intersection: Sandalwood Pkwy & Conestoga)

Mississauga

Location: Burnhamthorpe Library - Program Rm

Address: 3650 Dixie Rd #101, Mississauga, ON L4Y 3V9 (Main intersection: Burnhamthorpe & Dixie Rd)

Etobicoke

Location: Rexdale Community Hub

Address: 21 Panorama Ct, Etobicoke, ON (Main intersection: Kipling Ave and Finch Ave W)

January 2024

Date: Thursday January 11th @ 11:00am On **Zoom**.....

Topic: The Strengths- Based Approach

EVERYONE IS WELCOME!

Date: Thursday January 18th @ 2:00pm In-Person **Etobicoke**

Topic: The Strengths- Based Approach

EVERYONE IS WELCOME!

Date: Thursday January 25th @ 2:00pm In-Person **Brampton**

Topic: The Strengths- Based Approach

EVERYONE IS WELCOME!

CANCELLED

Sorry Brampton due to
Accreditation visits I will
not be able to run group

**GIVE
yourself
TIME**



CSN AGENDA DETAILS FEBURARY

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Mississauga

Location: Burnhamthorpe Library - Program Rm

Address: 3650 Dixie Rd #101, Mississauga, ON L4Y 3V9 (Main intersection: Burnhamthorpe & Dixie Rd)

Etobicoke

Location: Rexdale Community Hub

Address: 21 Panorama Ct, Etobicoke, ON (Main intersection: Kipling Ave and Finch Ave W)

February 2024

Date: Thursday February 1st @ 2:00pm In-Person **Mississauga**

Topic: The Strengths-Based Approach

EVERYONE IS WELCOME!

Date: Thursday February 8th @ 11:00am On **Zoom**

Topic: Preparing for the Journey

EVERYONE IS WELCOME!

Date: Thursday February 15th @ 1:00pm In-Person **Brampton**

Topic: Preparing for the Journey

EVERYONE IS WELCOME!

Date: Thursday February 22nd @ 2:00pm In-Person **Mississauga**

Topic: Preparing for the Journey

EVERYONE IS WELCOME!

Date: Thursday February 29th @ 2:00pm In-Person **Eto****ibic****oke**

Topic: Preparing for the Journey

EVERYONE IS WELCOME!

ASKING
— for —
HELP
is OK



CSN AGENDA DETAILS MARCH

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Mississauga

Location: Burnhamthorpe Library - Program Rm

Address: 3650 Dixie Rd #101, Mississauga, ON L4Y 3V9 (Main intersection: Burnhamthorpe & Dixie Rd)

Etobicoke

Location: Rexdale Community Hub

Address: 21 Panorama Ct, Etobicoke, ON (Main intersection: Kipling Ave and Finch Ave W)

March 2024

Date: Thursday March 7 @ 11:00am On **Zoom**

Topic: Motivation, Discipline & Obstacles

EVERYONE IS WELCOME!

Date: Thursday March 14 @ 11:00am On **Mississauga**

Topic: Motivation, Discipline & Obstacles

EVERYONE IS WELCOME!

Sorry Mississauga due to
March break the library is
unavailable

CANCELLED

Date: Thursday March 21st @ 2:00pm In-Person **Etobicoke**

Topic: Motivation, Discipline & Obstacles

EVERYONE IS WELCOME!

Date: Thursday March 28th @ 1:00pm In-Person **Brampton**

Topic: Motivation, Discipline & Obstacles

EVERYONE IS WELCOME!

REMEMBER
that you are
AMAZING



A message from your CSN Coordinator

This is your reminder that I am your peer. Just like many of you who are part of the CSN/Peer Support Network, I am also continuously working on me, learning who I am and figuring out what I need to be and to do stay well for a long time. I am saying this because even though I am the one running the program, I need you all to believe in yourselves as much as you have showed me that you believe in me (which is so appreciated every single day and always fills my heart). I also wanted to thank everyone for the wisdom, vulnerability, honesty, and humour they bring to each group. Together, we are making the CSN/Peer Support Group a great and safe space!

A Thoughtful Reminder!

You have the right to express all of your feelings, both negative and positive, in a manner that will not harm others!

As a peer worker, my hope and goal for each and every one of you that seeks peer support is that you will one day no longer need me in the passenger seat! That this peer-ship will allow you to see and acknowledge the strength within and allow you to be leaders of your life in control of your wellness.

It is very important that I am clear about what it is I do as a Peer Supporter and what my peer supporter role is. While peer support compliments clinical approaches, itself is not clinical. Peer supporters do not focus on diagnoses or give advice. Peer supporters help people to discover and build on what's working for them, even in the midst of illness. A Peer Supporter will have lived experience in either mental health illness or challenges, substance abuse, and addiction (not necessarily all of them) and is trained to support others. **We are only experts in ourselves. When you connect to peer support, you are in the driver's seat and we (the peer supporter) are just along for the ride until it is our time to get off.**

Peer Supporter Is/Does	
A person in recovery	Support a person on how to acquire resources
Share lived experience	Support in finding clinical and supportive services
See the person as a whole person	Motivates through hope and inspiration
A role model for positive recovery behaviours	Encourage, support, praise
Supports many pathways of recovery	Help to set personal goals

Very important message:

I have heard you. Some of you have expressed uncomfortable feelings when participating in the CSN peer support group. Some have said they feel attacked by me, I want to apologize again for my part in creating those thoughts and feelings. I am very sorry. It is never my intention to create an unsafe space in any way for anyone who connects to myself and/or the CSN group. Please continue to self-advocate and provide feedback, it will help make this group better and safer. Also, as a reminder: connecting to peer support can sometimes feel uncomfortable and it can also sometimes bring up uncomfortable thoughts and feelings, please remember the etiquette when this happens and reach out for support or resources.

Values of Peer Support



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Hope and Recovery

Acknowledging the power of hope and the positive impact that comes from a recovery approach

Self-Determination

Having faith that each person intrinsically knows which path towards recovery is most suitable for them and their needs, noting that it is the peer's choice whether to become involved in a peer support relationship

Health & Wellness

Acknowledging all aspects of a healthy and full life

Empathetic & Equal Relationships

Noting that the peer support relationship and all involved can benefit from the reciprocity and better understanding that comes from a similar experience
(common threads of connection)

Dignity, Respect & Social Inclusion

Acknowledging the intrinsic worth of all individuals, whatever their background, preferences or situation

Integrity, Authenticity, & Trust,

Noting that confidentiality, reliability and ethical behaviour are honoured in each and every interaction

Lifelong Learning & Personal Growth

Acknowledging the value of learning, changing and developing new perspectives for all individuals

Source: Sunderland, Kim, Mishkin, Wendy, Peer Leadership Group, Mental Health Commission of Canada. (2013). Guidelines for the Practice and Training of Peer Support. Calgary, AB: Mental Health Commission of Canada. Retrieved from: <http://www.mentalhealthcommission.ca>

Want to learn more? Click here!

[Mental Health Commission of Canada. \(2013\). Guidelines for the Practice and Training of Peer Support.](#)

If you'd like to speak 1-on-1 please check the first page of this newsletter for ways to contact me. I look forward to connecting with you and answering any questions you may have. You can also go to calendly.com/csn-peersupport to book a 30min 1-on-1 connection.

This is how I aim to support the peers who connect with me 1on1 and in groups.

Peer Support Values in Action

The Centre for Innovation in Peer Support recognizes that peer support is made up of values based actions and is not necessarily defined by task oriented work. Using the Mental Health Commission of Canada's Core Values of Peer Support, the Centre has facilitated the creation and promotion of 17 expectations for peer support workers known as the Values in Action.

Through a research process people engaging in services identified the following statements as integral actions of peer support services, setting these expectations for Peer support workers to use these Values in Action in their work. It is an organization's role to support the peer worker in their ability to act on these values in action within their role.

These statements are validated and reliability tested, the items cannot be changed or altered.

- **The peer support worker** reminds me that my health and wellness is unique to me
- **The peer support worker** tells me about their experience in a way that is meaningful to me
- **The peer support worker** gives me encouragement
- **The peer support worker** shares information with me, e.g., community resources that are available, different learning opportunities
- **The peer support worker** helps me explore options open to me when I have a decision to make
- **The peer support worker** does not express disapproval of me or the choices I make
- **The peer support worker** tells me they believe in me
- **The peer support worker** tells me my feelings and opinions are worthwhile
- **The peer support worker** genuinely listens to me
- **The peer support worker** follows through on commitments they make
- **The peer support worker** discusses confidentiality with me
- **The peer support worker** tells me that I am not alone in my experiences and struggles
- **The peer support worker** encourages me to do things for myself instead of doing things for me
- **The peer support worker** learns from me and I learn from them
- **The peer support worker** reminds me that I have the right to express my needs
- **The peer support worker** demonstrates ways they take care of themselves
- When I meet with others in a group, **the peer support worker** tells me that I can participate in a way that is comfortable for me and the group

**Support
House**



Centre for
Innovation in
Peer Support

1-833-845-WELL (9355) Ext 390

supporthouse.ca | centreinfo@supporthouse.ca

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A LITTLE PROGRESS

EACH DAY

ADDS UP TO

BIG RESULTS

**BE STRONGER
THAN YOUR
EXCUSES**

