

# GROWTH SPURTS

SPURTSNEWS@GMAIL.COM

- BY GROW - FOR GROW - TO GROW -  
<http://www.islandcommunitymentalhealth.ca/programs/grow/>

FEB 2016



## ART FEATURE: *AMBITION*

*Linda participated in the last Art Circle group that ran out at GROW in the art room from Oct-Dec 2015. She embarked on a creative journey that she absolutely enjoyed. Linda would recommend it to anyone!*

Art Circle is a workshop that meets once a week for seven weeks. Create your own personalized artistic book and discover the process of creating artwork by visualizing, meditating and deconstructing words in a confidential group setting. A safe place to create your feelings, dreams and discoveries using various art mediums. Therapeutic and calming to the soul. Come out and let your creativity speak out.

To register contact Fatima at 250 413 7145

## TRIVIA

by PruAndMe

1. Where does the month of February get its name from?
2. In what year did the blockbuster movie series "Star Wars" debut?
3. How many official National Sports does Canada have?
4. Put the following awards shows in the order they will be shown on TV: Academy Awards, People's Choice Awards, Grammy, Junos, Screen Actors Guild and Golden Globes.

## BL\_NKS

Fill in the blanks to spell out the symbols of the season!

\_\_ A \_\_ E \_\_ \_\_ I \_\_ E

\_\_ E A \_\_ \_\_

\_\_ U \_\_ I \_\_

A \_\_ \_\_ O \_\_

\_\_ O \_\_ E

## GROUP SPOTLIGHT: TALKING HEADS

By Nigel J.

Monday mornings we gather in the library room for an open discussion guided by one of GROW's staff.

Each week an article is specifically selected to be of interest to participants. If this is your first week, best come early because the article will have been distributed the prior week. Each person is given the opportunity to express their initial thoughts on the topic, followed by a general roundtable. Next on the agenda the facilitator will have selected other topics aimed at creating interesting discussion. The group usually ends with a joke or piece of poetry provided by the staff member. To close, anyone can contribute a final joke or another creative piece.

The purpose of the Talking Heads group, is not just to inflame your mind, but also to practice your public speaking in a calm and safe environment.

Here is one member's experience:

*"Talking Heads gives me a chance to express my opinion and listen to other points of view while discussing interesting topics."*

*Talking heads runs 9:45 - 10:45am every Monday at Skinner St.*

## MENTAL HEALTH TIP

*This exercise may help calm you down & get you through anxious moments.*

*Name 5 things you can see in the room.*

*Name 4 things you can feel.*

*Name 3 things you can hear.*

*Name 2 things you can smell.*

*Name 1 good thing about yourself.*

*Gradually, this may distract you from being anxious & bring on some calm.*

-STELLAR.IE

## JOIN THE CAC!

It's the Client Advisory Committee!

We're looking for a few people to join this group that meets once a month, to discuss the concerns of participants of the GROW program.

We brainstorm ideas for new groups, initiate new projects, voice concerns and suggest improvements to the current state of the program.

In this way, we can really affect change and improve the way that GROW functions, giving you influence over programs you attend.

If you have interest in contributing to the future of GROW and the services are provided here, join the CAC and share your voice.

Speak to Freddy or send us an email:

[growcac@gmail.com](mailto:growcac@gmail.com)

*First Tuesday of the month at 3pm*

## CHEQUE DAY!



Income Assistance and Disability  
Assistance Cheque Issue Date

# MENTAL HEALTH IN THE MEDIA:

## MARK RUFFALO BIPOLAR DAD IN

### INFINITELY POLAR BEAR



By Nigel J.

As the title may suggest, Infinitely Polar Bear is, in a sense, a look at mental disorder through the eyes of a child.

Writer/Director Maya Forbes sets out to tell the story of her father, Cameron (Ruffalo).

Amidst economic hardship, the family unit was forced to unconventional measures, all in effort to give the two young girls the best education and up-bringing possible. The peculiarities of their home

life, at first, cause embarrassment for the two kids, but soon develop into a fun environment they are no longer ashamed of.

Throughout the film, we visit Cam in various states. From a crisp winter bike ride, wearing just a bathing suit and headband, to a severely drug addled visit in hospital. In these scenes, we see the girls uncertainly clutching their mother, as Cam reaches out to them with all of the best of intentions.

The older daughter, named Amelia in the movie (but is actually Maya’s character), is thrust into some adult situations in dealing with her families struggles. She’s always on the lookout for her little sister Faith, and forms mature sentiments on how to keep the family together. At his center, that is what drives Cam. He wants nothing more than, in the face of these challenges, to be a family, and to return to how things were.

Punctuated with angry outbursts, stalled by multiple diversions, and coloured with PG-13 language, the careening vehicle that is their family stays close, bound by a love that overcomes circumstance time and time again.

*Infinitely Polar Bear is now on Blu-ray, DVD, and On Demand Services*

## RECOVERY PROFILE: Q & A

Here’s a quick Q&A with a GROW participant who chose to share anonymously.

- Q: What have you learned about yourself from your recovery?**

A: That I’m not quite there yet.
- Q: What do you do in your day to day routine to stay healthy?**

A: Start my day with a quiet cup of tea.
- Q: What makes you laugh?**

A: So many things from the Big Bang Theory to pranking my roommate to spontaneous quips to...
- Q: What is it that gets you through every day and what do you look forward to?**

A: Necessity and commitments.
- Q: What gets you out of bed?**

A: Determination
- Q: Favourite movie?**

A: Die Hard
- Q: What kind of activity is most helpful to managing your difficulties?**

A: Laughing
- Q: What activity can you get engrossed in and what do you like about it?**

A: New Projects!!....especially anything detailed oriented like crafts and computers stuff.
- Q: What role has GROW played in your recovery?**

A: GROW has helped me transition from hermit mode to be almost comfortable in social situations.
- Q. What role does music have, if any, in your life? Does it help you?**

A. I rarely listen to music - I turn the radio on for background sound while I do housework.
- Q. What is comfort food for you? Do you like to cook?**

A. I have many comfort foods - usually dishes that my mom made when I was little and that I make now like hamburger upside down pie and Lazy Dazy Cake.
- Q. What kind of exercise do you prefer?**

A. My fav exercise is lifting a forkful of food to my mouth, lol. I love being out on the water and am hoping that my inflatable kayak doesn't sink, again, the next time I take it out on the Gorge.
- Q. What keeps you hopeful?**

A. Lottery tickets :)

*The GROW program is an activity-based day program offering a variety of activities to support individuals in moving forward in their recovery.*

## FREE EVENTS:

Spurts Staffer PruandMe has once again been busy. Here’s a few fun free things she found for February!

**Love, Poetry and Chocolate with Victoria Poet Laureate:** Join Victoria’s poet laureate Yvonne Blomer and other guest poets for an afternoon of poetry readings, personalized poems, and chocolate.

*February 6, 1-3pm, Greater Victoria Public Library, Central Branch Community Room*

**Family Day at the Arts Centre:** This fun filled family event is a celebration of imagination, creativity and discovery. Kids of all ages will enjoy a wide variety of activities led by Arts Centre staff and guests from Greater Victoria's arts community. Explore the world of visual arts, dance, music and theatre through hands-on stations and performances.

*February 8, 11-3pm, Cedar Hill Rec Centre*

**Chinese New Year Ceremonial Lion Dance:** Lion dancers and drummers travel through Chinatown visiting businesses and residences to bring good fortune and welcome in the New Year.

*February 14, 11-2pm at The Gate of Harmonious Interest (Entrance to Chinatown on Fisgard St)*

INSERT  
YOUR IDEAS  
HERE:

If you attend groups at GROW, this is YOUR space to share your thoughts, stories and other content. Send us an email and let us know what you’ve come up with!

SPURTSNEWS@GMAIL.COM

- LOVE  
ARROW  
CUPID  
HEART  
VALENTINE  
BLANKS
1. February gets its name from the Latin word "februare," which means "to purify".  
2. 1977, who's older you or the movie?  
3. Two, the 1994 Canada National Sport Act declared lacrosse to be the official Summer sport and Hockey to be the official Winter sport.  
4. People's Choice Jan. 6, Golden Globes Jan. 10, SAG Jan. 31, Grammys Feb. 15, Academy Awards Feb. 28, Junos March 28.G