

GROWTH SPURTS

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

OCT 2015



Welcome to the first ever living, breathing CLIENT-RUN newsletter!! This means that any one who attends GROW can contribute here. 100% of the content of this paper has been created by the people of the GROW program. We hope that this small paper becomes a place where participants can share their ideas and read news tailored to them. Contributors will be credited or may remain anonymous if desired. Leave your mark, share your stories, and help us carve the future and culture of the ever changing GROW program.

TRIVIA

1. What is a Full Moon called in Autumn?
2. Are pumpkins a vegetable or fruit?
3. When is Canadian Thanksgiving?
4. In Scotland, what does it mean when a black cat arrives at your door?
5. Who made her film debut starring in 1978's *Halloween*?

WORD SEARCH

Puzzle handmade by one of our participants. Unscramble remaining letters to spell out answer. Hint: *Nutritiously Delicious.*

S	G	I	F	R	A	E	P
Y	U	R	F	N	R	U	I
R	A	T	A	P	P	L	E
R	V	N	E	P	E	I	G
E	A	A	S	M	E	M	N
B	C	A	O	L	A	E	A
H	D	N	I	S	I	A	R
P	L	U	M	A	N	G	O

APPLE	ORANGE	PLUM	BANANA	PEAR	BERRY	FIGS
GRAPE	PEACH	LEMON	MANGO	RAISIN	GUAVA	LIME

GROUP SPOTLIGHT: MUSIC APPRECIATION

Check out Music Appreciation in the library room here at Skinner St. Pick a song to share, give a little background on why you chose it, and join the party each Monday where we expose ourselves to new music.

Some weeks we have a set theme, where all songs must be of a certain topic or genre (i.e. 80s vs. 90s, British Invasion etc.). Sometimes we open the group to random selections, where you can bring in whatever music you wish.

Pretty good way to expand your song library and music IQ.

Here is one member's experience:

"The Music Appreciation Group is my favourite group at GROW. It is a venue for sharing music and discussing a collective passion. For me, music is a powerful tool –for it can ease my troubles and reframe my day... Music is very healing. Some people in the group have shared with me that certain types of music reduce their anxiety. I believe that this is the case whether it is during the group or while listening and walking in the community. Music is therapy. I have witnessed myself and others become more engaged with each other as time goes on. Music strikes a chord with people of all ages. I look forward to this group every week! "

Music Appreciation runs 2-3pm every Monday at 125 Skinner St

MENTAL HEALTH TIP

Pause the situation:

You can't physically stop everything that's happening, but if you're in the middle of a stressful conversation, ask if you can come back to it later. Don't continue a fight with a loved one while anxiety is flaring up. If you're driving, pull over. Whatever you can control, try to pause it for a bit

-lifehacker.com

THE CAC REPORT

Introducing a new voice at the GROW program: the Client Advisory Committee or CAC.

The formation of the CAC is an attempt to give voice to clients in a way that will allow them to mold the very services provided at GROW. It was formed as a response to the Wellness Survey conducted earlier this year by Pardeep and Taheera. The survey found that many GROW clients want more effective communication systems including a *revival of this newsletter!*, decluttering of the bulletin boards, more group activities, an anti-bullying campaign and much more.

CAC consists of nine GROW clients and two staff members.

To contact CAC with suggestions, concerns, questions and comments email us at: growcac@gmail.com

Watch this column for news of what CAC is doing for you and responses to your emails!

CHEQUE DAY!



Income Assistance and Disability
Assistance Cheque Issue Date

ART FEATURE: *ONE JOURNEY, MANY STORIES*



This month, instead of focusing on one individual’s art, we feature a collaborative canvas that you may have already seen kicking around Skinner St!

What will you do with your space?
Conceived to celebrate Mental Health Awareness week, the *One Journey, Many Stories* canvas has become an ongoing art project entirely conceived and created by clients of GROW. And we are still looking for contributions!

Express, in the artistic medium of your choice, what “Mental Health and Wellness” means to you! Create your piece on your own time, then affix your creation to the canvas or simply submit it to a staff member. You may include your name or remain anonymous.

As a bonus, there will be a PRIZE awarded to a lucky contributor once the canvas has been filled!
The canvas will kept in the art room until completion!

MENTAL HEALTH IN THE MEDIA: LENA DUNHAM IN HBO’S *GIRLS*



...very minor spoiler!
Lena Dunham has become the poster-girl for, amongst other things, Obsessive Compulsive Disorder. Her personal struggle with OCD has leaked into her semi-autobiographical HBO series *Girls*. There are no clichéd door knocking or coffee bean counting scenes. Instead we get a stand-off between Hannah (Dunham) and her psychiatrist. When her psych suggests that her OCD symptoms are a “classical presentation,” she dismantles the label and spills a little truth. As she goes on to list her various habits, her compulsions begin to seem more and more plausible and her nightmare more and more real. Amongst the many of topics slain in *Girls*, mental health may be one of the most powerful. Dunham’s unflinching candor and emotional strength validate anyone struggling with the disorder and leaves the door wide open for an honest conversation.

RECOVERY PROFILE: VERY GRATEFUL

This week we spotlight an exceptional GROW participant sharing his story of adversity and recovery.

In July 2007 I arrived in Victoria very sick, lost and quite often suicidal. I had no hope or direction. In 2008 I reached out for help and found GROW in the process. Since that time, it has helped guide me in a recovery path previously unimagined.
Through its various programs, groups, staff and peer support, I have made tremendous changes in my life. I attend regularly and have since found stable, secure housing, part-time employment, obtained a reliable vehicle, quit smoking and reconnected with my estranged family. I have learned to set realistic long and short term goals, to always take my medication, open my window blinds, exercise, focus on the positive, participate in life and CBT skills etc. I have had more stability than ever in my life and have stayed out of the hospital.
I have had a wonderful relationship of 2 1/2 years with my lovely recently deceased wife. GROW and its people were and are incredibly compassionate and helpful during this new time of great anxiety and depression.
It is so important to me that I can attend GROW and also volunteer there tending the plants and now the client advisory and newsletter committees. This allows me to give back to GROW and gives me a sense of community, belonging and raised self-esteem. I am very grateful. Thank you, Anon.

FREE EVENTS:

There are many more free things to do outside of the GROW program. Here’s the shortlist of things going on round the neighbourhood:

Volunteer Recruitment Fair: Are you looking for the perfect fit for your specific skills and interests? Volunteering may be just what you’re looking for. For more info contact Volunteer Victoria
Oct. 1, Thurs., 9:30 am – 1:00 pm Michele Pujol Room in UVic Student Union Bldg.
Esquimalt Fire Dept. Open House: Family friendly event to raise awareness for Fire Prevention Week. For more info please contact Esq. Fire and Rescue at 250-414-7126
Oct. 3, Sat, 11:00 – 2:00, Esquimalt Public Safety Building, 500 Park Place

Brent Seal: From Mental Illness to Wellness: The Journey from Suicidal Youth to Ultra-runner and Entrepreneur. Free tickets at goo.gl/3HBjXU or at 125 Skinner St
Oct. 8, Thurs. 6:30– 8:30pm, 3100 Foul Bay Rd. Young Auditorium. Camosun Lansdowne Campus

Saanich Remembers WW1: Fall 2015 History Talks Hear the story of Muggins: Victoria’s Wonder Dog of WW1. For more info contact 250-475-1775 ext. 3478 or archives@saanich.ca
Fri. Oct. 16, 2-3pm 3110 Tillicum Rd.

Emergency Preparedness Workshop: Are you prepared for power outage, winter storm or other natural disaster? Learn how to prepare in advance for a disaster. For more info call 250-920-3373 or email ve-ma@victoria.ca
Oct 20, Tue 1:00-3:00pm, Victoria City Hall, Antechamber, Douglas at Pandora or Oct 22 Thu. 7:00-9:00, Cook St. Village Activity Ctr. 380 Cook St

16th Annual Japanese Cultural Fair. Presented by the Victoria Nikkei Cultural Society this family friendly event has food samples, demos of ikebana, tea ceremony and much more. For more info go to www.vncs.ca or [Facebook.com/vncs.ca](https://www.facebook.com/vncs.ca)
Sat. Oct 24, 10-4pm, Esq. Rec Ctr. 527 Fraser St.

Halloween Bonfire. Hosted by the Esquimalt Lions this family event will have hot chocolate and hot dogs available by donation, with the proceeds going toward the Esq. Splash Park initiative.
Sat. Oct. 31, 6-9pm at the back parking lot of Archie Browning Ctr. 1151 Esquimalt Rd.

WORDSEARCH

1. A Harvest Moon

2. They are a squash-like fruit that are used like a vegetable in cooking

3. The second Monday of October

4. A sign of prosperity

5. Jamie Lee Curtis

FRUIT SALAD