

Self-Help News

The Newsletter of the Self-Help Resource Centre

Winter 2007

Self-Help Awareness Week 2006

Our 2006 Self-Help Awareness Week (SHAW) has come and gone. The Ontario Self-Help Network, through nineteen affiliates across the province, helped raise awareness about the benefits of self-help/support groups during this week of events. Highlights from the week included a wonderful article in the Toronto Star by columnist Helen Henderson, and popular workshops on community development and facilitation skills. And a special thanks to our Self-Help Awareness Week panelists for sharing their inspirational and touching stories of self-help success. ([See photograph on the back of this page](#))

Thanks to Our SHRC Volunteers

By Nattasha Lue,
Coordinator, Volunteer Resources

SHRC thanks all of our wonderful volunteers for their commitment and support and would like to extend a good-bye and best wishes to the following volunteers: Manuela Andrade and Elaine de Menezes. We would also like to welcome the following new volunteers to our agency: Michael Cait and Yuvadee Leelapornpisid.

2007 Workshop Series

Our fall workshop series was a great success. Half-day workshops were offered on: Building Community Partnerships using a self-help model, Transitioning from professionally led to member run support groups, and Humour and Creativity through Improvisation. Building Partnerships was so successful that we had to offer it twice. Our 2007 topics will include: Conflict Resolution, Beyond Icebreakers, and a topic to be determined. Get our E-newsletter for advance notice of workshops.

PS: Did you know that we can provide workshops to your self-help group or non-profit organization? Read about our workshop topics at: www.selfhelp.on.ca/workshops

Online Resources

SHRC has over 80 free resources online. You can search them by type, topic or keyword at: www.selfhelp.on.ca/resource/search

Gillian is Back!

Gillian Kranias, who was away on maternity leave, has returned to work as the Co-coordinator of the Ontario Self-Help Network. She is sharing this position with Spencer Brennan who was interim coordinator while she was away.

OSHNET Services

Gillian and Spencer would like to remind our readers that the Ontario Self-Help Network (OSHNET) provides consultations to groups, individuals and professionals on all aspects of self-help and support groups.

These can be done in person, by phone 416-487-4355 or by email oshnet@selfhelp.on.ca

You can reach Gillian on Monday and Tuesday, and Spencer from Wednesday to Friday.

We'll Miss You

You may have noticed that Nattasha, our Coordinator of Volunteer Resources, has changed her last name to Lue. That's right she got married this year. She is expecting her first child, so she will be taking some time off from SHRC to start her family as of April.

Nattasha has been with the Self-help Resource Centre for five years. She has done an excellent job of attracting volunteers from many cultures and backgrounds.

Hailing from Newfoundland, Nattasha has added great people skills, lively energy and a hearty laugh to the Self-Help Resource Centre staff. Best wishes, Tash, and hurry back.

Didn't know about SHAW, Our Conferences or Our Workshops?

You can get advance notice of all our self-help events, by signing up for [our free monthly e-newsletter](#). Simply log on to www.selfhelp.on.ca and use the quick subscribe button in the left hand column. Our events, many of which are free, fill up quickly. Don't be disappointed, sign up today.

Celebrating Self-Help Awareness Week 2006



Our 2006 Self-Help Success Story Panelists, from left to right are: Aaron Bacher, a six-year survivor of prostate cancer and chairman of the Toronto Man to Man Prostate Cancer Support Group; Spencer Brennan, co-coordinator of the Ontario Self-Help Network; Dena Lynn is a single mother of two, living with fibromyalgia/chronic fatigue syndrome; Barry Shainbaum, photographer and radio talk show host, who facilitates a depression support group for men through the Mood Disorders Association of Ontario, and Janet MacNeil, a volunteer with the MS Society where she facilitates two support groups, attends a third group, and continues to raise two of her remaining four children who are still at home.

The Self-Help Resource Centre

Our Board of Directors: Beth Hoen, Anita Husein, Ruth Lerner, Estelle Eisenberg, Rama Fayaz, Lynn Laccohee, Matthew Lerner, Drazana Cuvalo-Pedro, Debbie Thompson, Sharifa Gomez, Roberta Albert and Alex Tarantino.

Our Staff: Executive Director - Roya Rabbani, Rick Henry, Nattasha Lue, Spencer Brennan, Gillian Kranias, Carolyn Burley, Jutta Schaaf, Barbara Leja, Stephanie Rafauli, Neil Muscott and May Karry.

Our Volunteers: Elsie Barclay Kevin Frankel, Monika Goodluck, Cameo Grant, Zelda Harris, Jean Hynes, Mary Lynch, John Robinson, Yue Yin, Deena York, Michael Cait, Yuvadee Leelapornpisid, Jack Zhou

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