

# Self-Help News

The Newsletter of the Self-Help Resource Centre

Summer 2007

## Self-Help Awareness Week 2007 Empowerment Through Self-Help

Please mark your calendars for this year's Self-Help Awareness Week, September 23 to 29. This year's theme is "Empowerment Through Self-Help". The Ontario Self-help Network, through our nineteen affiliates across Ontario will be offering events during that week. In Toronto our events include the launch of a French language directory and our annual general meeting on Tuesday, September 25.

Watch [www.selfhelp.on.ca](http://www.selfhelp.on.ca) in early September for the details.

## Self-Help Forum

On March 26, 2007 the SHRC hosted a self-help forum called "Grouping for Change". This was done to bring together self-helpers and professionals who work with self-help, in an effort to build a larger community.

Over 70 people attended this meeting where they learned about self-help models from Germany and Australia.

Participants also divided into four groups to discuss the issues that many self-help and support groups share in common: promotion, insurance, space rental and funding.

Many issues and ideas were raised and shared. Some participants expressed interest in forming a working group to continue to explore these issues. The SHRC will continue to support the efforts of the working group in the fall of this year.

To read an overview of the German self-help model visit [www.selfhelp.on.ca](http://www.selfhelp.on.ca) and check under the Resources link, and then search our On-line Resources for German Self-Help.

## OSHNET Services

We would like to remind our readers that the Ontario Self-Help Network (OSHNET) provides free consultations on all aspects of self-help and support groups to self-help groups, individuals and those professionals who work with self-help initiatives.

Consultations can help with a range of issues including leadership, facilitation, networking, transitioning and community development.

Please contact our co-coordinators: Gillian Kranias on Monday and Tuesday or Spencer Brennan from Wednesday to Friday.

This can be done by phone 416-487-4355 or email [oshnet@selfhelp.on.ca](mailto:oshnet@selfhelp.on.ca)

## 2007 Fall Workshop Series

Our 2006-2007 workshops were very successful. We continue in the fall of 2007 with three half-day workshops

Building Community Groups that Work, with Roya Rabbani, E.D. of the Self-Help Resource Centre.  
Tuesday, September 25, 1 to 4 pm.

The ABC's of Volunteer Management for the non-professional Volunteer Coordinator with Aleksandra Vasic, Volunteer Manager, SHRC.  
Thursday, October 11, 1 to 4 pm

Transitioning: from professionally led to member run support groups, with Gillian Kranias, co-coordinator of OSHNET.  
Monday, November 12 1 to 4 pm.

Watch [www.selfhelp.on.ca](http://www.selfhelp.on.ca) for registration details.

**PS:** Did you know that we can provide workshops to your self-help group or non-profit organization? See a full catalogue of our topics at: <http://www.selfhelp.on.ca/workshops.html>

## Free E-Newsletter – Advanced Notice of Our Events and Workshops

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

## Share Your Self-help Success Story

Each year the SHRC uses stories to inform and inspire others about the benefits of self-help. We are looking for two types of stories: individual stories of self-help and the story of unique and successful groups. If you or your group would like to share your story, contact Neil Muscott, SHRC Resource Coordinator, 416-487-4355 or email [resources@selfhelp.on.ca](mailto:resources@selfhelp.on.ca)

## Database Up-date

This summer the SHRC will be up-dating our database of self-help groups in the GTA. If your group is in our database you will receive a mailing with a form to allow you to up-date the details of your group. Our new self-help directory will be published in the late fall 2007.

## Online Resources

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

## Staff News

Nattasha Lue, who is on her mat leave, had healthy baby girl, Naomi. Mother and daughter were able to visit us for the Volunteer Tea on June 27. Stephanie Rafauli, the resource coordinator for the Family Councils Program, has left for her maternity leave. Best wishes Steph.

## Helen Nolan 1943-2007

On Monday, May 14 our volunteer, Helen passed away suddenly. The following biography is from her memorial service.

Helen Thundercloud ka-nah-kwad, a medicine woman and "catcher" of babies, she was strongly rooted in her traditions and had absolute respect for Aboriginal ways of knowing, learning, and healing. Helen was presented with a pipe by a Circle of Elders in AB. in 2002 and has been a firekeeper since 2000.

Throughout her career as a teacher and counselor, Helen had maintained a focus on healing work with First Nations people. "Kitchi Nendum," is a program of her own design that specifically addresses identity issues and stresses the importance of reclamation of our history, culture and traditions.

Helen was an established educator and trainer specializing in the provision of client-specific seminars and workshops on various topics including Communications, Cultural Sensitization, Conflict Management and Alternative Dispute Resolution. Helen's experience also included teaching Communications at Community Colleges in Manitoba and North Western Ontario.

As an adult educator, Helen was committed to First Nation's efforts to achieve self-determination; she proudly lists the establishment of Aboriginal schools in Winnipeg as one of her achievements.

## The Self-Help Resource Centre

**Our Board of Directors:** Beth Hoen, Ruth Lerner, Estelle Eisenberg, Rama Fayaz, Lynn Laccohee, Matthew Lerner, Drazana Cuvalo-Pedro, Debbie Thompson, Alex Tarantino, Althea Joseph, David Michaels, Enrique Robert, Roberta Albert, Sharifa Gomez.

**Our Staff:** Executive Director - Roya Rabbani, Rick Henry, Gillian Kranias, Spencer Brennan, Carolyn Burley, Julie Curitti, Barbara Leja, Aleksandra Vasic Neil Muscott, May Karry and summer Ryerson Nursing student Laura Biddle.

**Our Volunteers:** Elsie Barclay, Deqa Dahir, Monika Goodluck, Cameo Grant, Zelda Harris, Jean Hynes, Elena Kozlenko, Yuvadee Leelapornpisid, Mary Lynch, John Robinson, Yue Yin and Deena York.

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