

RTP monthly

NEWSLETTER

December 2021

The Sixth Cohort of PEER MENTORS has been trained!

Last month, the RTP completed another virtual Peer Mentor training, adding nine new Peer Mentors to the roster. They bring their own unique experiences and strengths to the mentoring program and are eager to support their peers in recovery. Congratulations, 6th Cohort!

We will be introducing this new Peer Mentoring team in future newsletters. Meanwhile, if you'd like to get a sense of who our Peer Mentors are, you can peruse short profiles of some present and former Mentors here recoverytransitionprogram.com/team/

Peer Mentor Profile: Andrew



As thunder sounds and lightning falls there is a certain fear attributed to this overwhelming situation. Psychosis is much like a storm, it strikes unannounced and catches you off-guard, shaking you to your core. As all storms form they also dissipate—meaning the moment of clarity that is felt (the one where you can see the sun start to shine through clouds that were once intimidating) is always around the corner. Sometimes you need to look for it but it is always there.

My name is Andrew and I have fought with psychosis and mental illness since the age of 19. There is always a sense of discomfort with mental health issues and trying to remove the stigma associated with them is extremely important. Society is slow to evolve but shifting its direction is possible. After years of healing I am now in a spot where I feel like I am back to a mental state similar to the one before I fell ill. These years have helped me recognize many things; what works & what doesn't. What helps. What feels good. The road to recovery isn't simple but it is attainable.

I have always wanted to help and in joining the RTP I can now do so.

RTP
READS
monthly book club



We meet once a month via **Zoom**

Next meeting is on
Monday December 20th

2:00pm-3:00pm

We will read the novel
“Fire at the Lepine Apartments”

by François Collins

(RTP Peer Mentor and
RTPublication zine member)

For more information, contact
eric.zimmermann2@mail.mcgill.ca

Zoom Link

<https://us02web.zoom.us/j/83400975138?pwd=RDR2OS8xQ-0FRb0pIdzBuU1c4Mnkvdz09>

Meeting ID: **834 0097 5138**

Passcode: **626673**

A copy of the book can be purchased for \$20 at the RTP office (P.2036) at the Allan Memorial Institute or on Amazon at the following link.

https://www.amazon.ca/Fire-Lepine-Apartments-Fran%C3%A7ois-Collins/dp/1419674064/ref=sr_1_1?keywords=fire+at+the+lepine+apartments&qid=1637338359&sr=8-1

Patients, Health Care Providers, Staff, Family, Friends are welcome!



A special message from the MUHC Infection Prevention Control team: **KEEP IT UP!** The COVID-19 preventative measures also work at keeping all other viruses from spreading. Avoid the nasty cold, flu and other miserable symptoms by continuing to wear your mask, wash your hands, keep your distance, and stay home if you're feeling sick.

Ne lâchez pas!
Keep it up!

Lavez vos mains
Wash your hands

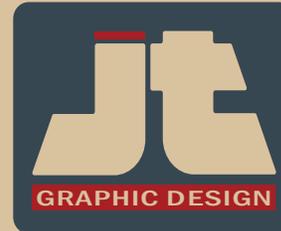
Portez votre masque
Wear your mask

Gardez vos distances
Keep your distance

Restez à la maison si vous êtes malades.
Stay home if you're feeling sick

Centre universitaire de santé McGill McGill University Health Centre

Zine Member Profile: Joe Tavares



The Zine and the zine team mean a great deal to me. The Zine itself is a progressive art form which has allowed me to develop and put into

practice my graphic design degree and share personal experiences. The Zine team, a group of inspiring, creative and supportive members has become a source of moral support and compassion. It is a group that rallies around each other to offer a community of hope. It has provided me with the opportunity to work together with other like-minded individuals to produce something which is appreciated by others, and that makes me feel good about myself.

Over the past few years I have learned a lot, not only about production and design but about the complexities that come from being part of and working within a group. I have developed the confidence to call myself a graphic designer and for that I am grateful to the RTP and the Zine. My fondest memory of being a part of the Zine was the first time I held a physical copy in my hands, and experienced the joy it brought to all involved.

If you need any graphic design work done, I can be reached at joe.tavares07@gmail.com



—Cecelia Vanier



RTP OFFICE HOURS

MondayClosed
 Tuesday9:30am-3:00pm
 WednesdayClosed
 Thursday.....9:30am-3:00pm
 Friday.....Closed

Allan Memorial Institute Rm. P.2036

