

RTP monthly

N E W S L E T T E R

November 2021

Notice to RTP volunteers

In keeping with MUHC Covid-19 safety protocols, RTP volunteers must be fully vaccinated in order to enter the RTP offices at the Allan Memorial Institute or the Addictions Unit at the Griffith Edwards Centre. You will need to have your volunteer badge ready and visible upon entering either site.

Please remember, to be issued a volunteer badge you must register with the Volunteer Services at the Montreal General Hospital. You will be required to provide proof of Covid-19 vaccination to be issued a volunteer badge.

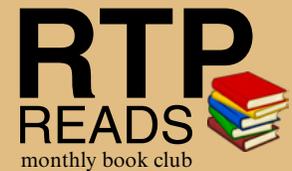
If you have any questions about the registration process or providing your vaccination status, please contact the volunteer coordinator at 514-934-1934 ext 43008 or send an email to: volunteers.mgh@muhc.mcgill.ca

Peer Mentor Profile: Jane



I am a book editor, a mom of two adult sons, a widow and a photographer. Helping another individual at their stage of recovery from addiction, while at the same time addressing where I am in my own recovery, is a process I feel very passionate about. Sobriety teaches one to grow, to change and to face challenges that were interrupted while drinking or using. It is a reason

to feel joy again. RTP has taught me how to live a more uncomplicated life and find pleasure in simple things. I wish to share this experience and be there for others as they find their own truth.



We meet once a month via Zoom

Next meeting is on
Monday November 15th

2:00pm-3:00pm

We will read chapter one of

*“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](https://us02web.zoom.us/j/83400975138?pwd=RDR2OS8xQ-0FRb0pIdzBuU1c4Mnkvdz09)

Meeting ID: **834 0097 5138**
Passcode: **626673**

For a copy of chapter one, please
click on the link below

[https://drive.google.com/drive/
folders/177LBjvyxGQn40tHYJX-
TYsd3hMMfQ8q8Y?fbclid=IwAR-
0JHRkR94CXbp0npCfLTwetR3eX2-uMt-
wRkoJ3CYJ2loCIUvbKYsicf8KA](https://drive.google.com/drive/folders/177LBjvyxGQn40tHYJX-TYsd3hMMfQ8q8Y?fbclid=IwAR-0JHRkR94CXbp0npCfLTwetR3eX2-uMt-wRkoJ3CYJ2loCIUvbKYsicf8KA)

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

RTP OFFICE HOURS

Monday10:00am-2:00pm
 Tuesday 10:00am-12:00pm
 Wednesday10:00am-12:00pm
 Thursday.....10:00am-12:00pm
 Friday.....10:00am-12:00pm
 Allan Memorial Institute Rm. P.2036



**Hard doesn't
mean
impossible**

Quote by— Benoit Bolduc

Zine Member Profile: François Collins



I am a 41 year old writer, Peer Mentor and member of the Zine Team. I was born in Montreal, lived in Houston for 30 something years and was educated in Texas, Louisiana and Ontario.

I have been part of the RTPublication Zine for nearly two years and feel like the Zine and the whole RTP are a family (like the title of our last edition). We have all bonded together, even if it has been virtually since the pandemic, through weekly Zoom meetings (now on Friday mornings).

Before I moved back to Montreal and joined the RTP (Recovery Transition Program), I hadn't found any direction in terms of what to do. The Zine and RTP helped me figure that out. So I find it a great honour that RTP READS has chosen a portion of my first published book 'Fire At The Lepine Apartments' as this month's selection.

How do you find the Peer Mentor training so far?

Very informative and useful, even now in my daily life.

Peer Mentoring is not cut and dry and we are all learning new skills.

Ça va plutôt bien. J'apprends beaucoup, et je me sens de plus en plus à l'aise de parler.

I am learning so much! I also feel like everyone is really supportive and I really feel the team spirit developing.

I find the role-playing training to be important and challenging.

Going well, getting balanced with readings and group sessions, and I'm enjoying the learning aspect.

I especially appreciate the chance to watch others role-play scenarios and to practice them myself.

I find the training is progressing well, I see interesting changes in myself, in my listening skills and asking more questions.