



October 2021

WORKSHOP ON NONVIOLENT, OR COMPASSIONATE COMMUNICATION

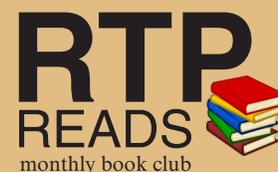
**A WAY OF USING LANGUAGE TO CONNECT WITH ONESELF AND OTHERS.
FOCUSES ON MAKING NON JUDGMENTAL OBSERVATIONS, BECOMING
AWARE OF ONE'S FEELINGS AND NEEDS, AND LEARNING HOW TO MAKE
REQUESTS INSTEAD OF DEMANDS.**

This pilot project was a weekly workshop, given over four weeks. There were twelve participants from our active cohort of peer mentors, two of which were co-leading with a volunteer. The intention was to introduce this method to see how it fits with the mission and values of the RTP. An evaluation and discussion of future possible workshops will follow.

Peer Mentor Profile: Grace



People should know that my resiliency inspires me to improve myself, using those tools to assist and connect with others. I can relate to a wide array of people, as I am multi-faceted (i.e. love of language, culture, sport, history, etc.) Compassion and empathy are my greatest tools to support others. Being a mentor allows me to use my lived experience to accompany another walking their path to recovery. I am also motivated to pay forward the assistance and compassion that I received from many professional and personal contacts, the ultimate mentors. Victories and failures, even in my darkest moments, fuel my resolve to lessen mental illness' impact. I am eager to share RTP's positivity with mentees. My ultimate goal is to explore and share life's fullness which is not majorly impacted by mental health. Instead of "getting my life back", I want to enjoy the life that I've built through adversity and joy.



We meet once a month via **Zoom**

Next meeting is on
Monday October 18th
2:00pm-3:00pm

We will discuss the short story

“Powder”
by **Tobias Wolff**

<https://www.doe.mass.edu/mcas/pdf/2014/261077.pdf>

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

Zoom Link

<https://us02web.zoom.us/j/83400975138?pwd=RDR2OS8xQ0FRb0pIdz-BuU1c4Mnkvdz09>

Meeting ID: **836 3676 9549**
Passcode: **678386**

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

RTP OFFICE HOURS

Monday.....10:00-12:00pm
 Tuesday.....11:00-3:00pm
 Wednesday.....10:00-12:00pm
 Thursday.....11:00-3:00pm
 Friday.....Closed

Room: P.2036

THE RTP ublication

► NEEDS YOU! ◀

**ACCEPTING SUBMISSIONS
 FROM PATIENTS AND STAFF
 FOR OUR NEXT EDITION**

SEND US YOUR PROSE/POEMS
 SHORT STORIES (MAX 1200 WORDS)
 AND VISUAL ART PIECES

TO SUBMIT:
 EMAIL SUBMISSIONS TO PATRICIA AT
 Patricia.Lucas@MUHC.MCGILL.CA



Zine Member Profile: Benoit Bolduc



Being part of the zine means much, especially the opportunity to work with a team of great individuals in

perfect harmony. It is also a great opportunity to be heard in what we have most intimate. That means you have to trust and that the people you talk to deserve that trust, which is the case with the zine team. I'm not afraid one bit to open up to my comrades in the Zine.

It hasn't even been a year since I joined, so I think it's a bit early for memories, but there is a moment that I cherish particularly. It was on my very first meeting with the Zine team and I read something I just wrote in the day hospital art session just a few hours back. It was just a piece of rough handwriting in English on rough paper and everyone agreed to publish it right away including the syntax and spelling mistakes (I'M French, don't forget). Then I thought Wow, wow, wow! I got to be part of that gang and I joined right then.

You will find some of my work in the 5th edition of the zine titled "FAMILY" which you can find here at the following link:

<http://recoverytransitionprogram.com/rtpublication/>

As well as in the special digital edition of the zine. which you can find on youtube at the following link:

<https://www.youtube.com/watch?v=zeUzHUWJho8>