

RTP monthly

NEWSLETTER

MAY 2022

COMMUNITY RESOURCES

The Montreal Museum of Fine Arts is hosting an in-person Art Hive on Wednesdays from 3-5 and 6-8 pm. It is a great way to meet new people and share your creative minds with others. Due to Covid-19 measures, access is limited to 12 places per activity. You can book your free ticket online. There are also many virtual workshops offered throughout the week. You can see what's available here: <https://www.mbam.qc.ca/en/education-wellness/the-art-hive/>

What is an Art Hive? An Art Hive is a creative community studio supervised by an art therapist and a museum facilitator where art materials are provided free of charge. It also makes various tools and recycled materials available, enabling you to express yourself freely through art.

For more information Contact:

Phone: **514-285-2000**

Email: education@mbamtl.org

Peer Mentor Profile: "R"



R is a fresh Peer Mentor from the November 2021 6th cohort! Woot woot!!! She was motivated to participate in the mentor training program because of the compassionate care and guidance she received from friends who did not need to, but who were brave enough to share with her their mental health stories and who offered her hope and support. R believes in paying forward in life whenever we are able to. R was not well for a while before she sought treatment for what turned out to be a major depression with episodes of psychosis. R's illness does not define her; instead she is reminded everyday to take care of her health. For R, peer mentoring is about sharing our path and the tools that helped us heal while walking alongside someone else on their journey. Part of R's self-care includes her love of reading and cooking; sharing a meal with family and friends makes it even more rewarding for her. Walking, Yoga, Pilates, Zumba and strength training are her daily go-to exercises. R cannot wait to start traveling again. She misses it and the beach so much!

RTP
READS 
monthly book club

We meet once a month via **Zoom**

Next meeting is on
Friday, May 27th
2:00pm-3:00pm

We'll be reading
the book

**"The Devil and the
Dark Water"**

By: Stuart Turton

For more information, contact
rtpublicationzine@gmail.com

Zoom Link

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

Meeting ID: **834 0097 5138**

Passcode: **626673**

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

RTP READS IN JUNE

June 24: "Bleak House"

By: Charles Dickens 

Take a deep breath!



It's May...
Stop and smell the Lilacs!

Stay Vigilant

A message from the MUHC Volunteer Services

As you have seen in the news, the BA.2 Omicron variant is highly contagious and on the rise in Quebec. Since April, we have seen a significant rise in cases. This increase in cases and quarantines is understandable, and was expected when restrictions were lifted, but we need to do all we can to flatten the curve once again. Now is the time to take responsibility for our own health, for the health of our family and our MUHC colleagues and patients. Let's go back to first principles and remember all the tools we have to protect ourselves. It is clear that respecting protocols regarding hand hygiene, masks, and physical distancing is invaluable to the management of this pandemic. Now is not the time to sip a beverage in the elevator or be complacent in the hallways or cafeteria, or to fail to wash your hands at entrances.

RTP OFFICE HOURS

Monday10:00am- 12:00pm
 Tuesday9:30am-3:00pm
 Wednesday10:00am- 2:00pm
 Thursday.....9:30am-3:00pm
 Friday.....Closed

Allan Memorial Institute Rm. P.2036

Zine Member Profile:

Tara



When I first joined the Zine Team, a few years ago, I felt very thankful to be part of a group whose focus is directed on helping our mental health community. With all sorts of distractions and challenges going on in my life, I somehow disappeared from the zine for the last few years. Rejoining the team in April was a very welcoming and gratifying experience.

Being amongst my peers once again, I feel part of a true and genuine effort of positive contribution. The sense of determination and perseverance of the Zine Team to produce and reach goals, as well as its resilience are very inspiring to me. Each new week brings us together to brainstorm a medley of ideas. Listening and sharing together within our positive environment never ceases to give me a rewarding experience from which I learn and grow.

The Zine Team radiates a sense of togetherness, belonging and support that I feel a part of. It gives me a grounding sense of strength, hope and self-worth that motivates me to want to help us see that we are not alone, that there are ways to help, and that there is strength and worth that we can find within ourselves.

Allan Memorial now has Wifi access for all.

Name: public

Password: wifi

