



JUNE 2022

Rhiana: RTP Rainbow Chat workshop designer and co-facilitator

My name is Rhiana. I'm 29 years old, a women's studies student at McGill, with plans to pursue a masters in social work. I have a gemini sun, libra rising, and leo moon. I am queer and generally consider myself non-binary. I love cats, coffee, music, plants, lifting weights, and running.

I entered Griffith Edwards at 24 to address my substance abuse, having struggled with mental health issues for several years prior. I am four years sober as of June! I have been mentoring with the RTP since 2019, and so I am deeply proud and elated for this group to be actualized.

I became a mentor because offering support to those who also struggle with mental illness and addiction is part of my ongoing recovery process; uplifting others uplifts me. The RTP has reinforced for me my goals and desires. It's deeply empowering. Additionally, we're building a community!

Matthew: RTP Clinical Liaison and Rainbow Chat co-facilitator



I am an occupational therapist who has been working in the Day Hospital program at the Allan Memorial since September 2021. I have always been interested in mental health, having studied psychology at the CEGEP and undergraduate level. I am passionate about helping individuals overcome barriers in order to live a meaningful, engaged life. I have accumulated several years of experience working with children and adults with physical and intellectual disabilities. I am also a proud member of the LGBT community. In my role as clinical liaison for the Rainbow Chat group, I strive to support and give patients tools/guidance in discussing their sexuality and gender identity with health care providers.

RTP RAINBOW CHAT WORKSHOP

The Rainbow chat is a weekly LGBTQIA2 discussion group, exclusively for those who identify within the community, focusing on a variety of topics surrounding identity and mental health and/or addiction struggles. The group will also explore strategies to discuss LGBTQIA2 identity, and its associated impacts on occupations and everyday activities, with health care providers.

Mental illness and addiction are not unique to the LGBTQIA2 community; however, there can be nuances and challenges which differ from those who identify as cisgender + heterosexual. The MUHC and RTP recognize the deep importance of community and connection as being integral to the recovery process—ameliorating feelings of loneliness and isolation.

The purpose of the group is to offer an environment in which experiences specific to the LGBTQIA2 community can be discussed without fear, judgement, or misunderstanding. Where we can learn from one another by way of sharing strategies, skills, and (healthy) coping mechanisms. Where we can promote growth by affirming and supporting one another.

We will discuss a range of topics, including, but not limited to: navigating the health care institution, isolation and reintegration, crisis vs wellness, resilience.

RTP READS

monthly book club

We meet once a month via **Zoom**

Next meeting is on
Friday, June 24th
2:00pm-3:00pm

We'll be reading
the book

“Bleak House”

By: Charles Dickens

For more information, contact
rtpublicationzine@gmail.com

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**

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



Zine Member Profile: **Bess**



I am a 54-year old female who lives with anxiety, depression, suicidal thoughts and chronic pain. I began studying music at the age of five and hold a Bachelor's and Master's degree in Music. Sports, languages, volunteer work and the arts have also played very important roles in my life.

After the completion of my graduate studies, I worked in International Arts Management, founding my own agency which focused primarily on up-and-coming and internationally-renowned classical and world musicians. When my parents passed away I struggled to cope and it was during this time that I joined the RTP's Zine Team for the Family edition. Here I learned how therapeutic it is to put my feelings on paper and to share those feelings with the group in a safe and stigma-free environment.

I later joined the 5th cohort of the RTP's Peer Mentorship Program. The relationship between mentor and mentee is very powerful and I encourage patients to take part in this very rewarding program.

The members of the RTP are my family and my anchor. They are among the most creative, intelligent, humble and giving people I have ever met and I have found a home where I can be myself!



The Allan
Memorial now
has Wifi access
for all.
Name: **public**
Password: **wifi**

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

Yatai MTL - La semaine Japon

Bringing together Montréal's Japanese cultural, artisanal and restaurant communities, Yatai MTL brings Japan's best to the city. Besides dotting the map with participating businesses, Yatai also takes over the Mile End's Le Marché des Possibles on June 10-12 with food trucks and performances. Follow their Instagram and Facebook pages for the latest pop-ups and special announcements. Itadakimasu!