

RTP monthly

NEWSLETTER

JULY 2022

RTP included in clinical program at the Griffith Edwards Centre (GEC) Addictions Unit Day Program

RTP Speaker's Group – Senior Peer Mentors Bernie and Robert actively participate in the clinical program at the GEC by facilitating a weekly support group in which former patients share their experiences recovering from addiction, allowing patients to learn ways of coping from each other.

Bernard St-L was a member of the first cohort of peer mentors in 2016. Since then he has helped train 36 peer mentors. Bernard volunteers with the Speakers' Group because he knows how much the participants appreciate hearing and learning from people who were once where they are now.


Robert B. is a Senior Peer Mentor who has helped with training new mentors, as well as being a part of the RTP Management Committee. His interest in the Speakers' Group stems from his participation in speaker/discussion meetings he attends at secular AA meetings where everyone has a voice.

Peer Mentor Profile: Jillian



Hi, I'm Jillian, I'm very new to the RTP having just finished my Peer Mentor training with the 6th cohort. I had trouble finding a community where I could not only be open about my mental health struggles with social anxiety and BPD, but where my experiences could bring support and a positive impact to others... until I was told about the RTP. In starting to mentor I've been able to acknowledge my own recovery and the positive changes in my life, I have to in order to support another person trying to do the same. It's hard to explain how difficult that is, and yet so important.

RTP
READS
monthly book club



We meet once a month via **Zoom**

Next meeting is on
Friday, July 29th
2:00pm-3:00pm

We'll be reading
the book

“Lessons in Chemistry”

By: Bonnie Garmus

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!**

*Program
Transition
Recovery*

PHOTO ESSAY PROJECT

We as humans can be very visual beings. Seeing breathtaking views or poignant images can heal the soul, bring joy, or make us stop and think. This is why we would like to invite you to join our new photo club!

Our mission is to have everyone bring out their inner photograph, within a safe and supportive environment. As you may know, each iteration of our RTPublication has a theme. "ADAPTATION" is the upcoming theme and we need your pictures for a photo compilation that reflects this theme. It will be featured in the next zine.

We encourage you to express yourself and allow us to share your artistic creativity. Each person's view is unique; we would like to put everyone's perspective into one place to create something that reflects you, your personality and your vision all the while being complemented by that of others.

They say a picture is worth a thousand words—let your voice be heard!

Please send your photographs to:
rtpublicationzine@gmail.com

COMMUNITY RESOURCES

L'Arrimage is a supported employment service for people living with mental illness. Helping people become active members of the labour force is at the heart of our commitment. Our mission is to help people in searching, integrating and maintaining employment. Since 1976, **L'Arrimage** has provided specialized services to help people living with a mental illness to enter or re-enter the labour market.

Over the years, **L'Arrimage** has developed an expertise combining in-depth knowledge of the labour market and mental illness in order to best serve both job seekers and employees.

<https://www.larrimage.ca/en/infos.mtl@larrimage.ca>

RTP RAINBOW CHAT DISCUSSION GROUP

Rhiana and Matthew (co-facilitators) are proud to announce that the 4-week pilot of the Rainbow Chat group has commenced. The first two sessions consisted of member introductions, reviewing ground rules, and establishing weekly structure. We continue to seek participants for the remaining two sessions. To join the group, simply request a referral from your healthcare practitioner. All patients from the AMI and the GEC who identify as part of the LGTBQIA2S+ community are welcome to join. This peer support group is a safe space for participants to discuss the unique challenges which arise at the intersection of mental health/addiction challenges and LGBT identity.

**RTP office is located at the:
Allan Memorial Institute Rm. P.2036**

L'International des Feux Loto-Québec

The international fireworks show where world-renowned companies (representing their respective countries) show off the latest techniques and innovations in the field of pyrotechnics. On the evenings the fireworks are held, the Jacques-Carter Bridge is completely closed to traffic so that everyone can sit back, relax, and enjoy the show.

June 25 to August 6, 2022

Location: LaRonde