

RTP monthly

NEWSLETTER

OCTOBER 2022

COMMUNITY RESOURCES

Are you or a loved one in need of help?

Are you experiencing feelings of confusion, anxiety, distress, suicidal thoughts? The mission of Centre d'intervention de crise Tracom and Centre de crise - Le Transit is to offer bilingual psychosocial crisis intervention services to an adult clientele, as well as family members, caregivers, or friends of adults in distress. Their objective is to provide support that will mitigate suffering for the person seeking help, to resolve the crisis, to help them get back to their usual pattern of functioning, and to provide tools to help clients take concrete steps toward an improved quality of life.

Visit their website for more details or call to speak with someone:

www.tracom.ca

514-483-3033

www.cictransit.com

514-282-7753

RTP OFFICE HOURS

Allan Memorial Institute Rm. P2.036

Patricia Lucas is the RTP Coordinator and is available on Wednesdays, 12:30 to 3pm, to answer questions about RTP activities.

François Collins is the resource manager, he can help you locate the mental health or addiction resources you're looking for. His office hours are on Mondays from 9:30am to 11:50am and Wednesdays from 9:30am to 11:50am.

Grace Davis's office hours are on Tuesdays from 10am to 1:00pm; she will be there on the 11th, 18rd, and 25th of October. Grace is a senior Peer Mentor and will be happy to answer any questions you have about Peer Mentorship or RTP workshops.

Eric Zimmermann's office hours are on Mondays from 10:00am to 2:00pm. He will be able to answer any questions you have regarding Peer Mentorship, the zine, and other RTP workshops.

Imogen is the Peer Mentor supervisor. She will be available on Thursdays from 12:00pm to 2:00pm to answer any questions about the RTP.



RTP READS

monthly book club



We meet once a month via **Zoom**

Next meeting is on

Friday, October 28th
2:00pm-3:00pm

We'll be reading the book

"ELIZABETH FINCH"

By: Julian Barnes

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!**



RAVENSCRAG

(Allan Memorial Institute)

Allan's favourite room was his library on the ground floor, where he whiled away the hours working, relaxing or playing with his children. The room was typically Victorian and dominated by a wall-to-wall mahogany bookcase, decorated with carved panels depicting sea monsters and mermaids. The piece is one of the very few decorative elements to have survived as it was in Allan's day.

The basement included two wine cellars, an ice house and a workshop. The main rooms on the ground floor included the entrance hall, a reception room, a drawing room, a breakfast room, a dining room, a billiard room, a library, two ante-rooms off the Grand Ballroom and a greenhouse containing a vineyard and fruit trees. The east wing on the ground floor included a pantry, pastry room, summer larder, scullery, dairy, servants hall, butler's room, house-keeper's room and bedrooms for nineteen servants.

The first floor included four main bedrooms, two water closets, two bathrooms, a sitting room, a dressing room and the children's dining room. The second floor included eight bedrooms for the children and one large bathroom. The attic included an observatory. As might have been expected for a house of its kind in Montreal, Ravenscrag was fitted with gas lighting and the most advanced plumbing and heating technology available at the time.

Allan died the wealthiest man in Canada in 1882, and Ravenscrag was inherited by his second son, H. Montagu Allan. In 1889, he employed Andrew Taylor to extend the east wing, and he almost doubled the number of servants his father had kept in the house to nineteen. Taylor also enlarged the stables for Sir Montagu in 1898. In 1940, the couple donated Ravenscrag to the Royal Victoria Hospital for use as a medical facility. Its famously lavish interior was entirely gutted and replaced.

TO BE CONTINUED

The Allan Memorial now has Wifi access for all.

Name: Public / Password: wifi



RAINBOW CHAT SESSIONS TO RESUME IN NOVEMBER

After launching the four week pilot of the Rainbow Chat, the RTP is excited to recommence sessions with Senior Peer Mentor Rhiana and RTP Clinical Liaison Matthew McPherson OT.

The Rainbow Chat was created out of a desire to build and foster community—a space for those who identify within the LGBTQIA2 community where we can discuss our struggles (and growth) from our specific lived experiences.

The format of this group is structured around weekly topics, while keeping in mind the skills and tools we have gained as patients at the AMI and GEC. Some discussion topics to look forward to are: personal experiences and navigation of the health care institution, talking to our younger selves (self-compassion, loving, kindness), resilience (adversity, trauma), building our future selves (and grappling with expectations of what it means to build a life), wellness vs crisis, creativity and skill sharing (zine collaboration).

Sessions will be held Thursdays at 3pm at the AMI, and will run for an hour and a half, October 13th or October 20th (TBD).

If you are interested, you can reach out to your health care provider at the AMI or GEC for a referral. For more information, email RTP Coordinator: patricia.lucas@muhc.mcgill.ca

Finally, look out for an updated list of LGBTQIA2 community resources outside of the MUHC on the RTP website!

<http://recoverytransitionprogram.com/resources/community-resources/>

THE LIGHTER SIDE



"I told my psychiatrist that everyone hates me. He said I was being ridiculous - everyone hasn't met me yet."

— Rodney Dangerfield