

RTP monthly

NEWSLETTER

JANUARY 2022


Our New Mentors are Ready for Mentees

The RTP begins the New Year with a new cohort of Peer Mentors. They all have experienced recovering from mental health issues and/or addictions and are committed to supporting their peers. Each edition of the newsletter will highlight one of the nine newly trained mentors. If you know someone who may benefit from meeting with a peer mentor for 12 sessions, complete and return the referral form found on our website at:

<http://recoverytransitionprogram.com/wp-content/uploads/2021/01/RTP-REFERRAL-FORM-2021b.pdf>

Please contact the RTP Coordinator, Patricia Lucas at: patricia.lucas@muhc.mcgill.ca for any questions about the referral process.

RTP
READS
monthly book club



We meet once a month via **Zoom**

Next meeting is on

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

We will read the novel
`` *Women Talking* ``
by **Miriam Toews**

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

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



Peer Mentor Profile: Stef

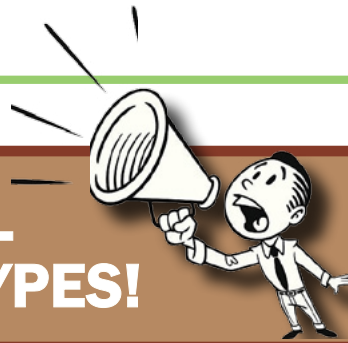


I joined the RTP with the intention of being there for the peers that I would meet, in a safe place to go for talking and support. My journey has taught me so many ways to practice self-care and empower myself, these are elements I'd like to bring to my conversations. I'm a small business fanatic, an entrepreneur, and an artist. I believe in seeing life from different perspectives and finding the beauty and hope in day-to-day endeavours. The challenges I've encountered over the years have been plentiful. I'm

diagnosed with bipolar disorder and have been treated at the Griffith Edwards Centre for addiction.

"Kites rise highest against the wind, not with it"—Winston Churchill

CALLING ALL CREATIVE TYPES!



If you're creative and enjoy working on group projects, you should consider joining the RTP Zine Team. We meet online once a week for an hour to discuss what we're working on and we stay in touch through a shared Google drive to work on projects, such as the Zine and this Newsletter.

We need someone who can commit to working on an RTPublication zine, from its inception to when it gets sent to the printer. Writing and editing (English or French) as well as illustrating are among the skills needed. It's fun and if you're up for the challenge, it's very rewarding. Please contact us at rtpublicationzine@gmail.com



Zine Member Profile: Andrey Klyatskiy



I have been with the Zine team for a year or two. I joined during a rather difficult time in my life but with the support of the members who encouraged me to bring out my art in writing it helped me get better. The team is a true family, we all encourage each other to share our art and it is tremendously inspirational to see and discuss the different pieces we receive. We also persevered with our meetings through the pandemic by conducting online sessions and thus were still able to produce the 5th edition of the Zine. One of my fondest memories is when I was working on the video for the 5th edition launch. There were some difficulties in making it, as with any big project, but it was really rewarding to see others react to the new versions of the video as it was gradually coming together. I am really glad to be part of this wonderful group of people.

Peer Mentors Receiving Certificates!

The 5th Cohort of Peer Mentors who were trained virtually last year (due to Covid-19) began receiving their certificates last month.



RTP Coordinator, Patricia Lucas, with Peer Mentors Youssef, Kerry and Robert.

RTP OFFICE HOURS

MondayClosed
Tuesday9:30am-3:00pm
WednesdayClosed
Thursday.....9:30am-3:00pm
Friday.....Closed

Allan Memorial Institute Rm. P.2036