



Community Addiction and Mental Health Services of Haldimand and Norfolk

Achieve Mental Health Wellness & Recovery Centre



"If you have a heartbeat there's still time for your dreams"

"Believe in the beauty of your dreams"

"A dream doesn't become reality by magic; it takes sweat, determination and hard work"

Happy New Year

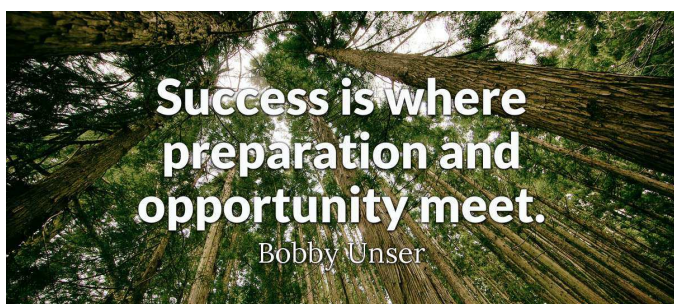
Many members have recounted to us how the Centre provides them with opportunities to do things they have never done before, to create a list of accomplishments and 'firsts'. Kudos for their courage! New challenges or change can often seem risky and overwhelming leaving some to avoid or dismiss opportunities. In 2018, the Centre encourages those who have been avoiding the new, different, odd and unusual to consider taking a risk and giving it a chance. The doors of opportunity and discovery it may open may lead you on a journey that you will be glad you decided to explore.



New Year's resolutions are common place at the end of each calendar year. Promises and commitments to 'fix this', 'change that', and start or stop doing something' are often made. Unfortunately, no matter how well-intentioned they are resolutions are seldom successful. BUT that does not need to be the case as the reasons resolutions often fail are they are made in haste without planning, they are made without all the available information (which helps us to build our plans and follow through) and they may be TOO big or there are TOO many, all at one time, to give us a chance to succeed. Making resolutions or wanting to change is positive but as noted by Benjamin Franklin "if you fail to plan you are planning to fail".

Throughout January the WRC is offering a number of opportunities for members to plan and build their tool boxes of information, skills and resources to support success.

We encourage members to attend and continue on their journey of wellness & recovery in 2018.



On Monday January 29 we will be hosting training by Public Health at the Centre for all staff and interested members to complete and earn their food handler's certificates. This training is valuable for anyone considering work in the food industry and everyone actively involved at the Centre with lunches and food handling. This is a certified course and participants will be required to attend the full day from 8:30am to 4pm and complete a test before earning their certificate. Interested members must sign up ASAP and pay a \$10 registration fee. Enrollment is limited.

Smoking Cessation

A huge challenge for many members is smoking – the costs and health impact are significant but quitting can seem like an overwhelming challenge. While quitting is not easy it can be easier with the right information and support...join Debra and Trisha at 'Is it Time Yet' to learn more about



what the Centre can provide in the way of support and help us to understand what you feel you need to make this a successful quit smoking effort. The goal of this meeting is to learn more about what a quit smoking program at the Centre needs to look like to work for members.



January 31 is Bell Let's Talk Day – a national campaign to raise funds and challenge the stigma and misinformation about mental illness. In support of this year's campaign we are inviting members to be part of the Centre's educational outreach by participating in the creation of anti-stigma posters. Let's send a loud and clear message the Stigma Hurts and be part of the solution to end stigma.

