

GROWTH SPURTS

SPURTSNEWS@GMAIL.COM

- BY GROW - FOR GROW - TO GROW -
<http://www.islandcommunitymentalhealth.ca/programs/grow/>

DEC 2015



ART FEATURE:

THE HOCKEY SWEATER

This acrylic work was made by GROW participant Matt G. He made it as a gift for his father a life long fan of the Habs!

GROUP SPOTLIGHT: BRAIN TEASERS

by Nigel J.

Don't have to wait for the first snowfall or power-outage to dig out the board games!

Played in the lunch room of Skinner St., we always start with some sort of warm-up puzzle. Usually taking about 10 minutes we compare our answers then move on to the main course.

Cranium, Pictionary, Taboo, Scrabble... are only some of the favorites we play each week. But we are always open to new game ideas! If you have a game that would accommodate large numbers of players bring it along!

Here is one member's experience:

"Brain Teasers is the fun of family game night without the know-it-all big brother and whiny little sister!"

Brain Teasers runs Mondays at 125 Skinner St from 1-2pm

TRIVIA

by PruAndMe

1. The December Solstice is known as the Winter Solstice in the Northern Hemisphere and as the _____ in the Southern Hemisphere?
2. Hanukkah is also known as the Feast of Dedication and as _____.
3. Whose birth does Christmas Day represent?
4. Who had a button nose and two eyes made out of coal?
5. Which 1942 movie introduced the song "White Christmas?"

MISH-MASH

Another handmade puzzle by GROW's PruAndMe!

Using the following groups of letters, piece together the names of 10 well known holiday characters. Each letter group is only used ONCE.

Example GRI and NCH make "GRINCH".

GRI	SAN	NCH	STY	AUS
OLF	TA	RUD	TZ	ET
SCR	CL	OO	NC	CU
GE	BLI	FRO	PRA	DAS
EN	ER	HER	PID	COM

1. GRINCH _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MENTAL HEALTH TIP

Plan a timeout when stress strikes:

Give yourself permission to leave a stressful situation. Your "strategic retreat" may be anything from walking the dog to getting tea at a café to listening to soothing music to having a good cry. Then decide whether the healthier choice is to return to the get together or go home.

-psychcentral.com

THE CAC REPORT

By Anonymous Client

GROW's Client Advisory Committee is dedicated to giving clients of the program a voice, as well as providing feedback on how things can be improved. As committee members move on to other things, we are constantly recruiting and you could become a member! By sitting and acting on the committee, you can make a difference in the lives of all the participants that attend GROW! Also, you can gain valuable experience and skills that are transferable to other jobs or volunteer work. So it looks good on your resume! But most of all

it's fun to collaborate and have a venue for sharing your creativity and ideas. Can you think of something that would enrich the environment at GROW or benefit participants? If so, we would love to hear from you! We meet once per month and we value your ideas. Please send an email to: growcac@gmail.com

CHEQUE DAY!



Income Assistance and Disability Assistance Cheque Issue Date

HAPPY HOLIDAYS!

By GROW, for GROW, to GROW!

To all the people, staff and participants, that make GROW such a great place: MERRY CHRISTMAS!!!
-Nigel J.

I feel so lucky to live in a safe and democratic country where we can welcome refugees to share in our good fortune.
-Ingrid M.

I wish everyone peace, joy and happiness at Christmas and in the New Year. And peace for all throughout the world
-Trudy

At least Christmas is not celebrated by setting off fireworks that scare dogs and pollute the atmosphere.
-Ted L.

For this Christmas season, I wish for my family to have good health and for the Canucks to win all their games in December!
-Matt G.

Peace between all nations is my hope. Assisting the poor and disenfranchised populations in the world.
-Jeannine C.

Merry Ho, Ho, Ho!
Eat, drink and be merry!
-Tracy S.

I hope that everyone has a Merry Christmas. Also, to spend time with family and friends and have a wonderful new year.
-Mike M.

Adopt an animal for Christmas!
-Bonnie H.

Have a safe and happy holiday season!
-G.B.

I wish for all of us to feel our blessings, whatever they may be.
-Nancy

Peace on Earth
Good will towards men
-J.S.

My wish to everyone at GROW that they will feel "community" as we celebrate Christmas 2015
-Lorraine R.

Merry Christmas and a Happy New Year 2016!
-Theresa O.

Merry Christmas everyone and a Happy New Year!
-Isaac

Wishing everyone happy and healthy celebrations this holiday season!
-Joelle B.

STAFF PROFILE:

By PruAndMe



Farewell Sabine . . . We Wish You Well!

As many of you know, after eight years as GROW's Program Manager, Sabine Vanderispailie has taken a position as the Phoenix Human Services' new Manager of Children and Youth Mental Health Outreach.

On Nov. 19 there was a farewell get together for Sabine. There were healthy treats, coffee, tea and chocolate cake for the dozens of clients and staff who came out to wish her well. Several people shared with the group how important Sabine had been to

them and to the program. Trudy commented on how Sabine made clients feel welcome, respected and valued. With teary eyes she applauded Sabine's extraordinary conviction and energy remarking that not only had Sabine touched and bettered lives but she had lightened hearts too. In recognition of one of Sabine's great loves, Trudy presented her with a gift of chocolate. Joe took a moment to acknowledge Sabine's efforts to keep groups going despite the challenges, particularly the Ecological Restoration Group. Jeannine described Sabine as a mentor and Doug thanked her for her years of service.

I managed to ask Sabine a few questions about her tenure with GROW:

Q: What did you enjoy most at GROW?

A: Giving people hope.

Q: What are you proudest of?

A: National recognition from the Justice Department for her program transitioning inmates.

Q: What will you miss the most?

A: The people.

As one of those people, I'd like to say that you, Sabine Vanderispailie, will be missed by all of us at GROW, and we wish you oodles of success at Phoenix!

Next month we'll hear from GROW's new Program Manager – Freddy Hehewerth.

FREE EVENTS:

A few early presents delivered by PruAndMe! In what can be an expensive season, here are some excellent free/cheap things to do!

Festival of Trees: Previously held at The Empress Hotel, trees are submitted by local organizations, to raise funds for BC Children's Hospital. November 18-January 5 The Bay Centre

Esquimalt's Celebration of Lights: An annual parade and holiday celebration. Free music, hot chocolate and hot dogs by donation. December 6 At 6:00 pm, the parade begins on Canteen Road, proceeds on Esquimalt Road, and finally to Archie Browning Centre where you'll find fun for the whole family.

Deck the Hall - Winter Lights Festival: Children's Christmas Concert (elementary and secondary school choirs), photos with Santa, horse and carriage rides, arts and craft station, food and refreshments. Toy donations accepted. December 5 5-8:30pm Saanich Municipal Hall

Colwood Christmas Light Up: Music, hot chocolate, hot dogs, baked goods, crafts and Santa too! December 9, 6-8pm Colwood City Hall, 3300 Wishart Rd.

Lions' Skate with Santa: \$2 + non-perishable food item provides skate admission as well as hot dog and hot chocolate (while quantities last) December 12th, 2:30 - 4:00 pm Esquimalt Archie Browning Sports Centre, 1151 Esquimalt Road

Free Horse Drawn Carriage Rides: Two free trolleys will circulate on a pre-set route throughout downtown with stops at: Store St., Chatham St., Johnson St. near Wharf St., Langley St., Bastion Square, and Government St. at Fisgard St. November 28-December 20 Weekends only: Saturday 12-4pm Sunday 12-3pm

Holiday Pop-Up Market: A quaint, quality market. Meet talented artisans—many work on site! Discover one-of-a-kind works of art. Bring home perfect presents. December 5-20, Saturdays and Sundays Noon-5pm PLUS daily December 21-23 - Noon-5pm and FINAL DAY! December 24 - 10am-2PM. Bastion Square

Santa Scoot: Come check out the Vespas and vintage Scooters as they wind their way through the city streets collecting donations culminating in a pizza party at Market Square. \$1 from every pizza sold goes to charity. December 20 11-2pm Market Square

1.	Summer Solstice
2.	Festival of Lights
3.	Jesus Christ
4.	Frosty the Snowman
5.	Holiday Inn
MISH-MASH	
	GRINCH
	DASHER
	SANTA CLAUS
	FRANCER
	COMET
	FROSTY
	RUDOLF
	CUPID
	BLITZEN
	SCROOGE

TRIVIA
SQUAD

The GROW program is an activity-based day program offering a variety of activities to support individuals in moving forward in their recovery.