

GROWTH SPURTS

SPURTSNEWS@GMAIL.COM

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

MAR 2016



ART FEATURE:

OLD GROWTH

This piece by long-time GROW participant Tim L. represents the forest that surrounds Victoria and Vancouver Island. Featured are a Western Red Cedar, Skunk Cabbage, Maiden Hair Fern, and Salmon Berry bushes.

TRIVIA

by PruAndMe

1. The month of March was named after the Roman God of War. What was his name?
2. March winds and April showers bring _____
3. True or False – Do Newfoundlanders harvest icebergs?
4. Where does Canola get its name from?
5. Which east coast Canadian city has a crater on the moon named for it?

SCRAMBLE

Another handmade puzzle by GROW's PruAndMe! Unscramble the mixed up words, then use the boxed letters to solve the puzzle picture.

T M U T

□ □ □ □

I K L M

□ □ □ □

D A B L E

□ □ □ □ □

A A M O R

□ □ □ □ □



GROUP SPOTLIGHT:

QI-GONG

By Nigel J.

Anyone interested in learning the practice of Qi-Gong can visit the library room Tuesdays and Fridays, for an hour long session of guided exercise.

Qi-Gong is a technique of body posture, movement, breathing, and meditation used for improvements in health, spirituality, and the martial arts.

In the full hour sessions, we begin with what are called the "Eight Silken Movements." These exercises are meant to mimic the movements of the natural world. Performed at a very slow pace some embody the essence of animals (tiger, stork etc.) and some channel the beauty of plants (lotus flower, willow tree etc.).

We follow with several other forms and then move on to practices such as Tai Chi Chuan, designed to activate the body's life energy.

A practice with many benefits, come and see how Qi-Gong can change your life.

Qi-Gong runs Tuesdays and Fridays 1-2pm

Also Monday, Wednesday, Friday warm-ups 9:30-9:45am

MENTAL HEALTH TIP

Make Lists

Breaking things to do down into small, completely surmountable tasks really helps. For example, instead of "clean my room" I'll have "sort and wash clothes, pick up trash, put away miscellaneous items, and clean off surfaces."

-Camille Brown on buzzfeed.com

THE CAC REPORT

By PruAndMe

The February meeting of the Client Advisory Council found us discussing our need for new CAC members, the progress of the Button Project, the clutter on the bulletin boards and the prospect of peer ambassadors.

One of our long term projects has been the Mental Health Awareness Project – the One Journey, Many Voices Canvas. We asked GROW clients to post an original art project, in any medium, depicting their journey toward mental health to the canvas. Many clients have stepped up and the project is nearly complete. We anticipate announcing the winner of the contributors draw in next month's issue of Growth Spurts. So if you posted an art piece on the canvas, located in the hallway next to the Art Room, make sure your name is in the jar at the reception desk.

So what's next for the CAC? You tell us – by email at growcac@gmail.com

CHEQUE DAY!



Income Assistance and Disability Assistance Cheque Issue Date

MENTAL HEALTH IN THE MEDIA:

CLAIRE DANES BIPOLAR CIA AGENT



By Nigel J.

Can someone with Bipolar Disorder be a CIA agent? Many people would say no. The rules would say no.

Would their mental state impede their ability to think clearly? Can their mind be trusted to gather solid intelligence?

Perhaps we ask the wrong questions.

As Carrie Mathison (Danes) navigates the world of global espionage, she encounters complex and stressful situations, dangerous characters and tough decisions regularly. She immerses herself in her work, trusting her instincts and intelligence to guide her in her efforts of keeping America safe. She uncovers terror cells and plots, connects patterns of suspicious activity, and creates theories out of raw data all in effort of creating a detailed picture of an enemy which can be used to track and destroy them.

Carrie takes clozapine. It dulls her senses and inhibits the visceral edge of her thinking, but it also keeps her from being completely derailed. We do see the results of what can happen after a period of not taking the pills. Awareness turns to paranoia, judgment of character turns into excessive suspiciousness and her sensitive mind collapses to outright hallucination. She does try "controlled experiments," with help from others, where she will try to crack her current project unmedicated, begrudgingly returning to the pills once the investigation was concluded.

The twist and turns of *Homeland* dance complementarily with the highs and lows of Carrie's mind. Captivating television as our emotional heroine fighting her own demons as well as the war against terror.

With an intuition like no other, Carrie Mathison sees what others can't, but at the same time is perfectly capable of seeing what just isn't there.

The first 3 seasons of Homeland on Netflix, season 4 on dvd, season 5 on Showtime/SuperChannel

FREE EVENTS:

Hunting for something to do? Here are a few freebies and one cheapie found by PruAndMe:

Esquimalt Photography Club Annual Spring Photo Show: Esquimalt Rec Centre atrium will come alive this spring with beautiful images provided by the Esquimalt Photography Club. 527 Fraser Street. For more info contact: 250-412-8511.

March 3 to 31 5:30 to 10:30pm

Commercial Alley Art Gallery Proposals: Open Space is hosting a proposal writing workshop to help artists selected to create artwork for Victoria's Commercial Alley Outdoor Art Gallery. Street. Call 250.383.8833 to register.

March 5th (3:00 PM - 5:00 PM)

Oak Bay Rec Centre 2 for 1 Swim & Skate: Swimming & Skating for just one admission cost. Themed games, prizes and treats! Plus free movies in the Sports View Lounge

March 13th 12-4:30pm (Skate) 1-5pm (Swim)

Lions' Easter Egg Hunt: Join the Esquimalt Lions Club at Gorge Park for entertainment, food, crafts, face painting and, of course, hunting for Easter eggs. For more info contact: 250-412-8511

March 27, 12:00 to 3:00pm *Concession opens at 11:00 am)

STAFF PROFILE: FREDDY

Freddy is the new Program Manager of GROW and education and employment services.

1. What inspired you to pursue a career in the field of mental health?

I had a handful of very inspiring professors that taught mental health curriculum during my studies at McGill University. They worked in the field and were passionate about the work they did. I remember wanting to be equally passionate about the work I did.

2. What do you like about your job as Program Manager at ICMH?

I very much enjoy working in the community. I have an opportunity to meet new people almost every day. I meet individuals engaging in our services for the first time and their family members. I also have opportunities to meet and build relationships with community partners and agencies. There exists a strong sense of community here in Victoria and that is exciting to be apart of.

3. What are some new and exciting changes happening with GROW/Networks/Education?

We are continuing to move towards a more integrated model of services providing increased opportunities for our clientele to set and attain personal goals. We are better at providing seamless pathways for clients to access to our increasing number of group programs and workshops as well as access to our education and employment coaches. We are able to play a small role in clients moving forward in their recovery and toward the things that are most important to them. I have been witness to the positive buzz in response to the changes and that is enormously exciting to see.

A few of our new programs include:

Hip Hop Healing - a four week course that embraces elements of mindfulness, writing, MCing, beat-boxing and turntablism.

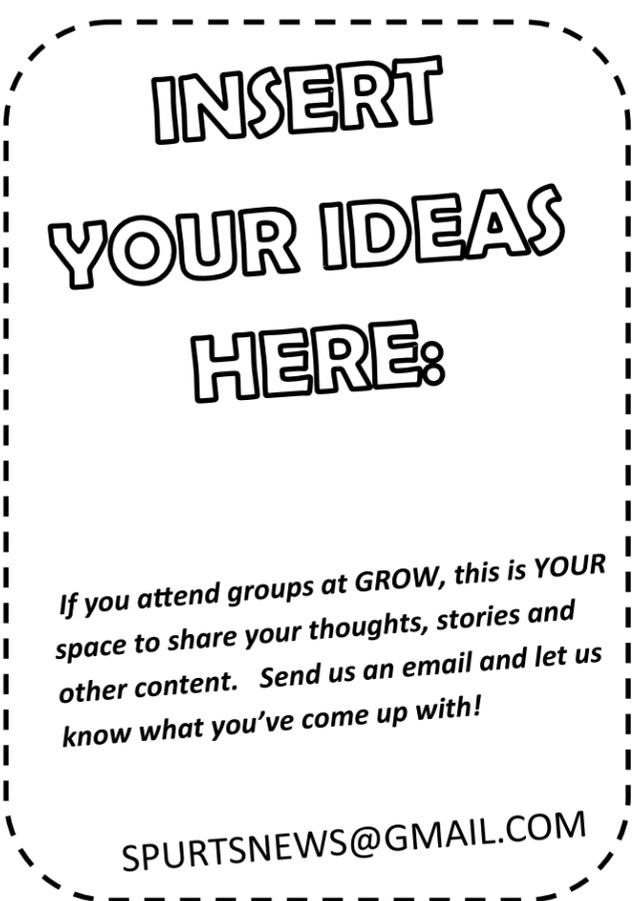
Communicating Through Conflict - a seven-session workshop that focuses on positive communication and assertiveness skills. Great to have on a resume!

Domcor Basic Security Enhanced Training Program- 40- hour course providing basic knowledge of the duties and responsibilities of uniformed security guards.

We are working with Power To Be to provide outdoor recreation activities including camping skills, kayaking and hiking.

Great questions. Thanks for the opportunity to be a part of the newsletter. -Freddy

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



If you attend groups at GROW, this is YOUR space to share your thoughts, stories and other content. Send us an email and let us know what you've come up with!

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OUT LIKE A LAMB

SCRAMBLE
MUTT
MILK
BLADE
AROMA

5. Gander, Newfoundland
4. Canada Oil Low Acid
3. True. Each year icebergs from Greenland parade through Iceberg Alley off the coasts of Labrador and Newfoundland. The ice is used to make wine, beer, vodka and skin care products.

TRIVIA
ANSWERS