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Getting the cHANGE of it....

About Change By: Brenda Gateman

“If you can’t change your fate, change your attitude.”
- Grandma Moses

I believe we all face many changes each day. Some are subtle, while other changes are catastrophic. Although change affects us all differently, it is about how we cope with change that matters. Are we going to allow it to cause us undue stress or see change as an opportunity? Some of us struggle with the concept that change is a good thing and we often wonder why things happen to us. I think change happens when Fate feels it is time, thus change is good, because as it has been said, “... fate will never steer you wrong.” No matter what change means, there is a reason for it. I consider it an adjustment, and sometimes we need adjusting!

My recovery has gracefully gifted me so much through change. The biggest is in me and the way I look at our world, our Earth and the people around me. At one time I had a defeatist attitude and my life seemed destitute. I feared change because it had the element of the unknown. My mind was distorted and I was extremely sad — something had to change. I learned that my thinking needed to change, that I could only feel how I allowed myself to feel, and that there are choices, boundaries, and many tools to help us through change. Recovery is change. The old adage that “nothing changes if nothing changes” rings true to me. I need to initiate and create change sometimes, in order to move on or to let go, or to make adjustments to make my life simpler.

I think we can become stagnant and too comfortable with what we have come to know

and expect, then life happens and the dynamics change. It is a constant shift in the Universe. Change is inevitable, and we need to choose how we handle it. Am I going to allow this to control me and cause me anxiety? Today I choose to work with it towards positive outcomes that I can embrace and enjoy. Someone once said, “if you’re not changing, you’re not living!” and simply “it is what it is.”

In order for me to change the way I feel, I must first take a look at my thinking. What goes on in my mind in turn goes on to affect my emotions. To change my thoughts, I try to live in the moment and that in turn makes it easier to think clearly, without fear running circles in my mind. I try to accept changes as they come. If I am able to prepare for a known upcoming change using some of my tools like researching, journaling and talking with peers, it can lighten the load and that fear.

Beginnings and endings happen all the time, but to me these are the biggest changes we face. I try to embrace and remember that there is a reason for everything. If I do not fight it and instead ask for guidance, the Universe will provide me with that. The question “why?” seems to be the question often associated with change, but I now know that we do not always get that answer, nor do we always need to know why. ■

“If you don’t like what you’ve got, change it. - Trooper



**Lessons I am Learning:
The Constancy of Change
By: Beth Be**

I am challenged by changes in my life and once again learning about adaptability. It was unexpected and has caused months of upheaval, confusion and turmoil.

Why are we always unprepared for change?

Do we exist with our heads buried in the mire of our day-to-day problems and insecurities? When life is easy we become comfortable and get lazy, but every plateau comes to an end.

Change comes whether we are prepared for it or not.

Maybe it is a test. But, likely, change just is and life would be predictable and dull without it.

The trick is... how to meet the challenge when it happens?

Change can be uncomfortable, but it is a normal part of life.

Maybe it is not the change itself, but a test of my ability to handle it; a test of my adaptability.

It can be the shakeup we need to prepare ourselves for the next level, and it is how we compare and measure our personal growth.

I have dealt with much change in my life and it has been different every time.

In my recent experience of change and loss, I have felt overwhelmed and suffered extreme anxiety and panic attacks. I became either over reactive or withdrawn into myself and still I tried to maintain the illusion of control but enjoyed no amount of power.

Apparently, I've reacted pretty typically to the challenges, but feared my ability to cope.

One of the hardest things while embroiled in the state of flux, is to remember that it will not stay this way forever. This is good to know.

I learned about planning for loss as part of being prepared for all of life's sudden changes.

It has helped alter my perception of how, in my recovery, I am coping. I was stronger and more confident once, and I am still that person who will learn from this new understanding and continue to grow; with patience, loving compassion and gratitude—first for myself and then all the others in my life.

What have I learned? I am OK! Change/life is constant work. I will become more flexible, because change will always come around again.

We might as well plan for the inevitable, because... what is the alternative?

CHANGE is the exclamation point of LIFE!

ACCEPTANCE is what propels us through to the next stage. It can be an adventure, an opportunity to increase my resilience, to reflect and to reinvent myself.

I need to get off my complacent butt, rise above the fear, and as a wise advisor suggested, accept. By adapting, learning and accepting, I am gaining peace of mind, body and spirit.

I accept the challenge. It gives me a sense of accomplishment. I am coping with one of life's changes. I'm grateful to those who care about me, nurture and accept me as I am.

I will strive to uphold my values and goals, and know that change is a normal part of living.

It is what we do, and as someone recently said to me, "it is how we roll!" ■

**To my Best Friend, Change
By: Iolanda Andrade**

How would it be without you,
Stagnant, boring, perfect;
no need for tomorrow.

You have been there since before I was me.

You never go away, you never leave,
you are omnipresent.

My friend,
of a million faces,

I see right through you, and you through me.

Oh my friend,

I see you everywhere.

When it is silent I can hear you speak.

Your language is universal,
we all know it,

but only a few remember.

You honor your laws,

and your presence depends on them.

Every call for help is never unanswered.

I rely on your laws as much as you,

I honor them as much as my own.

Friend,

I remember when I made you wear a mask;

but now I see your face,

and when I look at you, Change,

I see the real you,

Life.

This is what change is to me.

Just like every relationship there are disagreements, but "agree to disagree" is my rule.

Trust is also very important to make this one work. I trust that change is here for the best, and always for the best. Even when that means putting up with angry, upsetting or frightening events. I see these as disguised opportunities, and they are all part of the "wheel of life" that is constantly and consistently turning.

Acceptance, I find to be something that goes hand and hand with respect, and oh boy, this one took time. I had no respect for Change. I would run for my life, run for as long as I had to, until Change would no longer find me. Obviously, Change always found me — "No man is an island."

There were quite a few "runs." Some actually lasted years, but Change knew he would always find me. And Change did find me, every time. Sometimes quiet and subtle, other times louder than before. Regardless of how much I ran, how scared I was, my reasons or excuses not to deal with Change, were never good enough to make Change stop.

Now I see that I simply did not realize that Change had been there for the good and the bad, the right and the wrong, making the difference between what is living and what is dying.

Now, by trusting, respecting and loving Change, for what Change is, the unknown is something I now look forward to. Even when it hurts, or makes me angry, or upset, or if it makes me cry and gives me the blues, I'll take it. I know it is a gift.

Change, I know you got me, since you have been there since before I was me. ■

Tools for Recovery

Coping With Change

Coping as defined in the Miriam Webster Dictionary is “to deal with and attempt to overcome problems and difficulties.” And change is defined as “to become different, to make (someone or something) different and/or to become something else.”

Change is a constant; it is often coined as the only thing in life that is. It is inevitable and inescapable; it is going to happen. We have control over some changes, and no control over other changes. The one thing we do have control over is how we feel about, and respond to the changes that we create and the changes that come our way unexpectedly.

Below are some ideas, gathered from conversations and personal experience, for ways to cope with change.

- ◆ Step back and take a deep breath – Take some time to figure out what the change is, or what change you want to make. Create a strategy for moving forward.
- ◆ Recognize – How you are feeling and allow yourself to feel however you feel. Try to use only facts and refrain from judgments and opinions.
- ◆ Change your perspective – How are you viewing the change, is it a problem or an opportunity? If we are able to think more positively about the change, our responses will likely be more positive as well.



◆ Be in the moment – While we have all experienced many changes in our lives, each situation is new and unique. Focus on this moment, not what has happened before or what might happen in the future.

◆ Practice self-care – Take time to be gentle with yourself and do something that you enjoy. Eat well, exercise and get a good sleep. Make yourself a priority.

- ◆ Prepare in advance—If you want to make a change or you know a change is coming, give yourself time to prepare. Set realistic and achievable goals. Prioritize. Plan for challenges that may arise. Setup a support network.

There are many different types of change such as those that we plan for, like retirements and weddings, those that happen suddenly, like the loss of a loved one or winning the lottery, and those that are a part of our day to day life like changing our hair style.

Recognizing that change is going to happen, preparing when we can and acknowledging our feelings about the changes we encounter, can help to reduce the stress and anxiety we sometimes feel in response to change.

Take a few minutes and reflect on your current strategies for coping with change.

What do you currently do that is helpful?

Are you currently doing something that is unhelpful? What could you do instead?

What coping strategies would you like to build on, strengthen, or add to your toolbox? ■

Disposition Found Within Change

By: Doug Richards

Change, who likes it? Not too many people I've found out. We feel safe and secure as we continue in our daily routine. So what makes life so difficult for us when change is suddenly thrown upon us?

Change consists of being able to address different circumstances into either a temporary solution or long term development with which we would not normally be familiar.

Change can and usually does become a positive aspect in our daily lives once it has been implemented. By a simple act of current resolution towards changing our attitude there's almost nothing we can't overcome. Synchronicity is also another aspect of changing events happening within moments in time. Because so much more motivation in time is required certain coincidences fall into place, this then allows change to become more acceptable and most always works.

When our mind changes from ideas into action it is because our mind is influenced by the neurons racing throughout our frontal lobe. This area of the brain directs and activates ideas. This dictates us to involve our emotions and thus we are in a constant mode of changing thoughts that best suit our current situation. ■

“Your life does not get better by chance, it gets better by change.” - Jim Rohn

Learning to Accept the things I Cannot Change

By Rachel B

For me change is one of the hardest parts in my life and I have never coped well with change. Major changes in my life lead to a relapse back into addiction. I am now at a different stage in my life where I want to change again. This time for myself, not because I have to. Not because I graduated from school, or lost a job, or because my parents want me to. I want to change because I am tired of the cycle of mental health and addiction. I've spent years relying on other people to try to fix me, but now I realize I can only change myself. My first trip to the psych ward was at age 18, but my issues started as young as 12. I became so used to being in and out of detox, treatment, psych wards, and hospitals that it became normal for me.

The serenity prayer used in 12 step recovery groups states: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." I have come to realize that I can only change myself. Change may happen around me and a lot has happened in my life. In the last couple years I have graduated from school, gained and lost a job, and struggled with addiction and mental health issues. Within this period I had to change doctors, and my psychiatrist I'd been seeing for years got sick. I did not take the changes well at all. The last nine months has been a process for me to rebuild myself and learn how to deal with change when it comes. I have to change everything; the people I hangout with, my attitude, and my daily schedule.

For a while I kept relapsing into addiction, because I kept trying to rely on other people to save me and change me, but I know now I can only change myself. I also can't change other people and circumstances that are thrown my way. I am learning that I can only change my attitudes and let go of control of the things I cannot change. In the last few months I have gotten involved with Self Help Alliance and Spark of Brilliance and have found the groups very useful in working on change in my life. I definitely still have struggles in my life but I'm taking steps forward to change my life in a positive way, to get out of a cycle that I've been stuck in for nearly a decade.

I have started to write and do my art, but not for marks or grades like I always felt I needed for achievement in school. I do art, writing and other activities for what it gives me in the moment rather than the result. I used to focus so much on performance, now I focus on the process of it and trying to stay in the present moment. Though my perfectionist voice still kicks in once in a while, telling me it's not good enough, when I focus on the present rather than future, it helps keep me calm and that is a huge change for me. It's progress, not perfection, but I am making the changes to move forward one day at a time. If I focus on the small changes and not far into the future, I get less overwhelmed. ■

Happiness Is

By Jerry Fogarty

The joy you feel when you help someone

The gladness you feel after waking up from a good
night's sleep

The felicity you experience when you finish eating a
healthy meal

The bliss you feel when you are walking outside on a
nice sunny day

The pleasure you get from reading a good book

The blessedness you feel when you achieve a goal that
you've struggled for

Everyone has their own way of becoming happy

Sometimes spending time with friends or family can
make one happy

Happiness is doing whatever makes you happy

ASK REEVES

By Paul Reeve

Sometimes the changes we want come quite unexpectedly. A person I was supporting had been abused while a patient in a hospital. They complained about the situation to the hospital administration and received an apology from them. Then they submitted a complaint regarding the medical staff to the College of Surgeons and Physicians. The College's response indicated they were dismissing the complaint. This was frustrating and we wondered if this was the end as there was no further appeal in the College process. I thought it might be worth the effort to contact the Ontario Human Rights Commission to seek their opinion. The Commission took great interest, and although a rare occurrence, interceded on behalf of the person with the College. The College agreed to hear the complaint. Sometimes the resistance to change lies within and we don't give ourselves permission to think outside the box. I encourage you to be open to other possibilities and don't give up. People can change and so can systems. ■

If you have advocacy questions or you would like to submit to "Ask Reeves" contact Paul Reeve, Advocacy Coordinator, or send a comment to editor@self-help.ca. If you do not see your questions in print, please note Paul responds to all questions on an individual basis.

Learning to Accept, Let go and Create Change By: Kayleigh Hilborn

Quite some time ago, nine years give or take, I got to a point where I was so sick and tired of feeling sick and tired. I was fed up with not being able to live my life and of feeling like I was just existing. I was tired of feeling like crap. Nothing ever felt like it was good enough, I did not think that anything was going to change or get better. I felt so stuck and trapped, and the more that I thought about the life that I wanted and came up with all of the reasons why I could not have that life, the more downward I spiraled.

I began to lose hope and a sense of myself. Who was I? Why was this happening to me? What did I do wrong? What is the point? Why can't I be normal? Thoughts like these ran around my mind all day doing laps constantly, coming back again and again.

I do not know exactly what prompted the shift that occurred. The pressure from outside sources like family, friends and support workers likely helped. I finally just had this "A-HA!" moment where I realized that if I wanted my life to be different, to actually change, I was going to have to do something different; I was going to have to create that change. Change was not just going to magically happen, just because I wanted it to (I mean, sure that would have been nice), but that is not the way that life works. If we want something, we have to work at it.

I started to accept that while I may be living (I used to say suffering, and then realized that the way that we view and talk about things has an impact on the way that we react to them) with some mental health challenges, whatever those may be, and I am going to be okay. I have every right to go out there and live my life. I worked hard at letting go of my own self judgments and negative self talk and all of the things I thought I needed to do with my life. I actively created change by moving, going to counselling, taking medication, rebuilding and creating relationships that were healthy, etc.

This led to a shift in my perspective of change as well. I had viewed it as negative and like a big scary monster that constantly came along and messed up my life. I could not get away from change, though I certainly tried. I've learned that change is going to happen, it cannot be avoided or outrun. Not all change is bad and not all change is out of my control. I can choose to make some changes and I can prepare for others. I will still be caught off guard by sudden, unexpected changes, and I will continue to use my coping strategies to manage these changes and accept help when I need it.

I think this quote sums up my feelings about change:

“I’ve learned that things change, people change, and it doesn’t mean you forget the past or try to cover it up. It simply means that you move on and treasure the memories. Letting go doesn't mean giving up, it means accepting some things weren't meant to be”

— Lisa Brooks

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Words of Change—Search

Word List

1. Change
2. Adjust
3. Challenge
4. Transformation
5. Shift
6. Transition
7. Switch
8. Strategy

T	A	Z	S	T	R	A	T	E	G	Y	L	P	M	E	S	W	I	T	C	H	E
B	D	C	T	R	A	N	S	I	T	I	O	N	V	C	H	A	L	K	P	Q	W
V	J	D	P	T	I	O	N	C	A	T	A	D	J	U	I	K	M	X	W	J	C
W	U	P	A	R	U	C	H	A	N	G	E	S	W	I	F	R	A	C	E	G	X
S	S	H	L	K	T	R	A	N	S	F	O	R	M	A	T	I	O	N	O	S	M
C	T	R	A	N	S	C	H	A	N	A	L	L	C	H	A	L	L	E	N	G	E

Finding Balance in a Stressful World

By: Keehan Koorn

Change has definitely been a theme in my life over the past year. I feel like I've been blindfolded and sent down an emotional roller coaster. Since last year, I developed health issues that forced me to change my diet, started a business, was in a car accident that took two months to recover from, went off my anxiety medication, was in another car accident that I am still recovering from, closed the business, and if that weren't enough, recently a family member died, and a dear friend moved out of province. It's been a real whirlwind.

I think I've been coping well, and this year I'm rebounding better than ever. If I didn't have the skills to cope, I would be in the middle of a depression right now. I am very grateful to my past self for the hard work it has taken to strengthen my ability to recover from sudden, difficult changes.

As I reflected on the past year, I noticed something. Through all of this I have kept saying to myself, "Once this is over," or "Once I have recovered," or "Once things settle down, I will get back to all the things I used to love to do..." It's been a year now and I have not done even one of the things I love to do, the things that get me back in touch with myself and fulfill me. I've spent it all just coping, trying to get through the week/day/hour.

I want more than the ability to rebound back to baseline — I want self-actualization, personal growth, wisdom, creativity, surplus energy to give. Is that asking too much? I used to think that if I could just slow life down, or find a quiet period of time where nothing big is happening, I could reconnect with my creativity, connect with family outside of the holidays, or start volunteering again. I can see now that life will never stop throwing me curveballs. Sad and infuriating things are going to happen to me, randomly and suddenly, for the rest of my life. Life doesn't slow down, it goes on — relentlessly, automatically — and I don't have control over what will get tossed my way next. All I can control is how I will respond to it.

So how do I respond to life's changes in a way that balances my need to rebound from stress with my need to pursue the goals and dreams that make my life worth living?

.... I don't have an answer yet. I only have hunches. I want to experiment and use trial and error to figure out what works for me. I want to look to my past and try to remember why the best times in my life were the best, despite the things I was going through at the time (because there's always something, right?). I will keep in mind that rebounding takes time. Even though it sometimes feels like caring for myself takes time away from the self-actualizing fun stuff, coping brings me back to the point where I can actually focus on it. I will remember that life doesn't have to be perfect, and sometimes it will take longer than I expected to heal. Most importantly, even as I am healing, I will try to do something lovely for myself, something that I would enjoy, maybe just a little thing, to connect me with the person I want to become. And maybe, just maybe, in that search, I will find some creativity, growth and wisdom. ■

Why I Embrace Change

By: Ron F

If you are reading this I hope you'll find it will benefit you.

I have known my illness since I was 19, I am 44 now. You pick up things along the way. I told my story in 2009. I hope it helped some grade 11 students.

Please don't change your core values. That makes you a special individual.

There is a lot of info out there, possibly too much. I've gone through a lot. I don't wish that on anyone. Maybe we need to read less and live more. Laugh large.

Experience life like you have no fear. Don't be perfect. Life is too short and not enough people to play with. I live simply. I guess I don't have many expectations. That way I have less disappointments. Works for me.

I am serious to a point, but to know me, I enjoy having fun! That's the point right? Not having fun is dull!

Remember, LIFE = Quality before quantity.

I wake up, first surprised that I did. I shower so that my bones, I don't know — loosen up, and I start my day!

Every day can be special. Treat it like that and we will be O.K.

I don't know your situation but this can be appreciated by anyone, illness or not.

I have been dealt a hand. You can resist or play the hand you are dealt.

The more you resist, breaks your spirit. Trust this, you do not want that.

Thank you for reading.

■

4 Tommy

By Colene Allen

This isn't a story about the fastest lap, the newest technology, or stunning driving skills. It's a story about a young man fighting for his life, a group of amazingly dedicated people, and a mysterious sponsor decal. Until now, it is a story that hasn't been told, except around campfires at the odd race event.

Author's Note: I wrote this article over a year ago. I have edited it from the original content. It's a brief glimpse into an event that marks one of the largest and most significant undertakings in the history of motorsport. I am very proud to have played a small role in this event and very grateful to every single person that helped make this event happen.

It starts with a young man from Cavan, Ontario named Tom. Tom was 17 years old when I met him. In his short life, he'd spent over half of it battling a deadly form of cancer that is normally diagnosed in men in their forties. His high school career consisted of 90% hospitals and 10% school. Many times doctors called it quits on him and sent him home with his family to die. Each time he answered the door when Death came knocking, with a snarl and nasty right hook. He cheated death more times than anyone I know. His will to live was undeniable and something that was easy to see.

In 2004, we brought an ailing Tom up to Mosport International Raceway for the ALMS Grand Prix of Mosport. We treated him to a VIP Weekend. He got the coveted fast laps around the track in the Safety Car and he had a great time. The following year, 2005, was a different story. We had kept in touch with his mom, Sandy, over the off-season and when it was time for the 2005 ALMS Grand Prix, Sandy told me one week before the race that Tom had been sent back home to die, again. This time it was the real deal. Without a bone marrow transplant, Tom was not going to make it. I hung up the phone after wishing her the best and just stared blankly at the wall in shock. I was lost.

If Tom wasn't going to make it to the race, how could we bring the race to him? Have a driver visit him or maybe a car and team? Not feasible. Then it hit me. We could get the teams to put decals on their race cars for the race on Sunday. With Tom watching at home, he would see the decals. At this point, I get to take credit for one thing in this whole story. I came up with the idea of the "4 Tommy" decals. The execution of something that

should have taken months, in just under two days, is a credit to everyone else.

In a flurry of activity over those two days, my parents sold the idea to Race Director, Marty Kaufman, who understands the devastation of cancer, and readily agreed to support the idea. My parents brought driver Steve Donovan onboard to make the decals in one night for us, for free. On Saturday we hit up every single ALMS team and got the decals on all but three cars that competed in that race. Other friends in racing with connections at the track that weekend campaigned with the TV Production Company to ensure the decals would be visible on the live race broadcast. When I calculated it out later, we got approximately \$200,000.00 in sponsorship space on these race cars, for nothing. The entire purpose was to send a private message to Tom telling him that the ALMS drivers and teams remembered him and cared. What made it even more amazing and unique was that Tom wasn't a racer, a member of a racer's family or in any way involved in racing. He was quite simply a young man from Ontario dying from cancer. He was, however, very unique and very special.

Tom had a profound effect on everyone he met. In his struggle and adversity with life, Tom quite simply brought out the best in everyone around him. I was working Turn 4 for that race. When the cars came out, prior to the race, I was crying. On the front windscreen of the Corvettes was "4 Tommy". Right where the camera was pointed on the inner fenders of the Miracle Motorsports car was "4 Tommy". On the rear side pillars of the Alex Job cars was "4 Tommy". On the end plates of the rear wing of the Maserati was "4 Tommy." The list goes on and on.

In his living room not far from the track, Tom watched the race and when he saw the decals he asked his mom about them. He was shocked that the decals were meant for him. It was a gesture with so much meaning that it defied words or description. It was simply just "4 Tommy."

Tom got a bone marrow transplant in the eleventh hour that allowed him to once again cheat Death. He has an autographed photo of the number 3 Corvette with the "4 Tommy" decal — a gift from a motorsports photographer who never even met Tom. Nothing like the "4 Tommy" campaign had ever happened before in motorsport and it has never happened since. It was unique, special and the moment the American LeMans Series (ALMS) shone brighter than the brightest star in the heavens. ■

Colene Allen is a volunteer for the Self Help Alliance Cambridge site, licensed race official and motorsports writer with In the Pits Media and Inspiration at Speed www.inspirationatspeed.blogspot.ca



Photo Credit:
Martin W.
Spetz
Courtesy of
Inspiration at
Speed

About Us

Self Help Alliance Services

Advocacy Support

Our Advocacy Coordinator offers assistance to individuals and families in the areas of housing, income support, employment, treatment and legal issues.

Training is provided for systems advocacy. People are supported to take an active role in evaluating and changing the mental health and addiction system.

Entrepreneurship

The Entrepreneurship Facilitator offers support to individuals who have experience with the mental health and/or addiction system and are interested in self employment or starting their own business.

Community Liaison

This position is responsible for connecting with those who experience mental health and/or addiction issues who may not be connected to the formal mental health system and/or peer support services.

Skills for Safer Living A Suicide-Intervention Support Group

A twenty week skills based group and peer support for individuals with reoccurring thoughts and behaviours about suicide combine as our Skills for Safer Living program.

Spark of Brilliance

This program provides opportunities for people living with mental health and addiction issues and their supportive allies to experience the expressive arts, within a supportive, understanding, community based environment.

Centre for Excellence in Peer Support

The Self Help Alliance envisions that peer roles will exist within every juncture of the mental health and addiction system. Self Help Alliance is a peer driven service that is best suited for providing the system with support in this area.

See page 1 for contact information and visit our website for more information about these and other services.

Write to the Editor

The views expressed are those of the authors and do not necessarily reflect those of the Self Help Alliance.

We Want to Hear From You!

Send along your articles, images, letters to the editor, comments or views about topics in this newsletter or other topics related to the mental health and addiction system. Please note that any items submitted may be edited for space and other needs of the "Changing Lives" Newsletter.

Please send your items to:

c/o Self Help Alliance, Newsletter Editor
67 King Street East, Kitchener ON N2G 2K4

Email: editor@self-help.ca

For Your Inspiration

"It always seems impossible until it is done" - Nelson Mandela

"Your life does not get better by chance, it gets better by change." - Jim Rohn

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I'm changing myself." - Rumi

"The secret of change is to focus all your energy, not on fighting the old, but on building the new" - Socrates

"The only way to make sense out of change is to plunge into it, move with it, and join the dance." Alan W. Watts

