



Young Adult
Mental Health

416-461-2345
www.stellasplace.ca
connect@stellasplace.ca

Our Programs and Services

Drop in Services

No registration or intake required

Cafe

Monday - Thursday 10:00am -5:00pm

Our Cafe space is open for young adults to come and hang out, work on their own, have some coffee or tea, use the free wifi, play a board game, wait for their appointments, or make some art and connect with other young adults in a safe space.

Walk-In Counselling

Tuesdays and Thursdays 3:00pm-5:00pm

Walk-in individual counselling is available on a first-come, first-served basis.

Meet with a Peer Supporter

Mondays and Wednesdays 3:00pm-5:00pm

Meet with a Peer Supporter to learn more about Stella's Place and our services, and receive a tour of the space.

Job Search Drop-In

Tuesdays 5:30pm-7:30pm

Hang out, grab a coffee, and find a job. Meet with a Peer Supporter who can share knowledge and resources, and support you on your job search.

Walk-In Doctor

Wednesdays 6pm-7pm by appointment

7pm-8pm drop in (first come, first served)

Confidential appointments with a doctor familiar with mental health concerns. Ask about general health, mental health, medications, sexual health, chronic illnesses, or anything you'd see a doctor for! Please contact:

connect@stellasplace.ca

TTYN

Mondays 5:30pm-7:30pm

Talk to Youth Now (TTYN) is an inclusive peer support group that recognizes the benefits of sharing experiences with other young adults. This is a non-judgmental and confidential space where you can express yourself among your peers, with discussion facilitated by peer supporters.

Stella's Studio

Wednesdays 6:00pm-8:30pm

Stella's Studio is an arts-based community of young adults with lived experience. It is a welcoming space where peers can create and share art, including drawing, writing, painting, improv and music; experiment with new ideas, and help lead activities and creative sharing.

No registration is required, but RSVP to ckrause@stellasplace.ca is encouraged.

Other groups and activities available other times of year. For more information about our programs please contact: connect@stellasplace.ca Please note that our facilities are not currently wheelchair accessible.

Individual Support

Intake Required

Individual Counselling

Monday – Friday by appointment

Stella's Place offers free individual counselling for approximately 8 sessions, depending on the individual's needs.

Peer Support

Monday-Friday by appointment

Get some support from someone who has been there! Peer supporters are staff with lived mental health experience who have completed the peer support training program. For more information about peer support, check out:

<http://stellasplace.ca/peer-support>

Spring/Summer 2017 Groups

Intake Required

ONTrack Fitness and Wellness Program

Stella's Place offers 3 different exercise classes per week at the Miles Nadal Jewish Community. For more information, please go to mnjcc.org and search "ONTrack". Registration is required, please contact: ontrackregistration@mnjcc.org

People are Scary:

Therapeutic Supports and Skills for Folks Living With Social Anxiety

Fridays 2:00pm-4:00pm, May 12-July 14

A closed group for young adults who self-identify as living with social anxiety. The group is informed by acceptance and commitment therapy, experiential learning and mindfulness approaches. Participants will get in touch with their values and learn to set value driven goals. They will also build skills to stay attuned to moment to moment experiences, bring acceptance and compassion to difficult feelings, and gain distance from their worries and fears. To register for this group, please complete the following survey bit.ly/2nFEoJa
All of your answers will be kept confidential by the facilitators.

DBT Skills

Mondays & Wednesdays 1:00pm-3:00 pm, May 1 - June 29

The DBT Skills group meets twice a week to learn and apply Dialectical Behavioural Therapy Skills to one's life. In addition to attending the two group sessions each week, each participant will be expected to commit to a one hour individual session to further apply the skills in their life. You will learn how to identify and cope with your emotions, how to manage difficult situation, and how to build communication skills with family and friends.

Family Education and Support Group

Thursdays 6:00pm-8:00pm, May 4 - July 6

This is a 9 week group for family members supporting a young adult experiencing mental health distress. Some of the topics include understanding recovery, communicating in extreme times, setting boundaries and limits, and hope. For registration, please contact jhansen@cmhato.org

ONTrack: Young Adult Fitness and Wellness Program **2017 Schedule, April 3 - June 30**

Are you a young adult age 16 - 24? Are you interested in the relationship of fitness to mental wellness? Then ONTrack is for you.

The Miles Nadal Jewish Community Centre is proud to offer a first of its kind ONTrack Fitness and Wellness Program in partnership with Stella's Place. This program is generously funded by the Ontario Sport and Recreation Communities Fund of the Ministry of Tourism, Sport and Culture.

ONTrack is a FREE, peer-supported fitness, recreational, wellness and physical literacy program, for young adults 16 - 24 with mild to moderate mood or mental health challenges. Based on measurable outcomes, it is for all young adults who identify with the experience of mental health and mood disorders, including those in recovery or reintegrating into community after a period of illness or treatment.

Registration: Please call (416) 924-6211 x0 or come in-person and drop by the Fitness Desk at 750 Spadina Avenue.

The MNjcc is committed to accessibility for people with disabilities. Please let us know in advance if you have any particular accommodation needs. If registering via phone or in person is not possible please contact ontrackregistration@mnjcc.org for other registration options.

ONTrack uniquely provides:

- A Peer-Support Worker to support participants throughout the program, in class and out of class.
- An extra 15 minutes before class and after class for check-in and check-out activities, breaking down barriers and getting to know your classmates and instructors.
- Goal-setting and choice for personal growth.
- Continual feedback opportunity and a chance to measure your mental health progress throughout the program.

For further questions about ONTrack, please contact Loucia Beveridge at lbeveridge@stellasplace.ca

ONTrack will continue to accept enrollment after the program start date. After you call or register in-person you will receive a general information form that must be completed for registration. The form is available via email or hard-copy.

2017 Schedule, April 3 - June 30

- **Strength & Endurance Circuit w/ Abel Albanes**

Tuesdays, 5:30 – 7:00 pm (Gravity Studio)

This fun and interactive program will focus on improving motor skills such as balance, speed, coordination, power and agility.

- **Mindfulness Yoga & Meditation w/ Jasmyn Hoa Tang**

Thursdays, 5:00 – 6:30 pm

This is an accessible program combining yoga and mindfulness practices. Each class will start with gentle yoga movements and finish with simple, relaxing guided meditation sessions. This program will also help you coordinate movement with breath to flow from one pose to the next.

- **Athletics w/ Daniel Eisenkraft Klein**

Sundays, 12:00 – 1:45 pm

In a non-competitive and inclusive workout environment, participants will experience a variety of sports such as basketball, soccer, floor hockey and volleyball. This program's goal is to experience and improve physical literacy through the aspect of play in a team setting without fixed expectation of performance improvement.