

MHERC Manitoba Newsletter

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2017-2018 Staff Transitions MHERC

Welcome to spring 2018!!

It has been a while since MHERC's last newsletter. We had a bit of a transition here in the library and we took some time to get ourselves settled in. Thank you for all your encouragement and patience during this transition time!

First I would like to introduce myself, my name is Rosie Borley. I am the new Resource Coordinator here at MHERC. I replaced the irreplaceable Taryn Borys who moved over to work in the River East school division libraries. They are lucky to have her and I hope to live up to the high standards she set while she was with MHERC.

I would also like to introduce our new assistant resource coordinator, Christina Janzen, who initially began

here as a volunteer and quickly fell into the role as assistant resource coordinator. She is a huge asset to MHERC and I don't know if we could do what we do without her.

Lastly, I would like to say a huge thank you to MHERC's volunteers who selflessly take time out of their own days to come help us out. Jerald Owczar and Benoit Grisé, you are awesome! Another big thank you to Lorie Battershill for taking on and completing the big task of weeding the collection.

Enjoy the rest of this chilly (but sunny) spring. Hopefully we'll be enjoying much anticipated warmer days in the next few weeks. Hope to see you at MHERC soon ☺.

--Rosie Borley

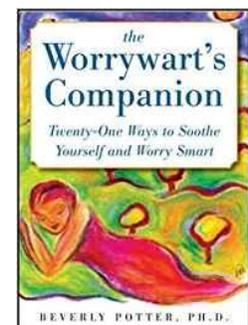


Feature Book: The Worrywart's Companion

Worrywart's is a compact self-help reference book for "worrywarts." It is well written in clear language and one of the most highly requested titles. Author Beverly Potter, PH.D, has a background in

counseling psychology and vocational rehabilitation, Potter has written a number of books on job burnout and conflict. Some of the book's quick tips include: talking to yourself the way a friend would,

taking a bath, practicing "underreacting" and watching a funny movie. *Worrywart's* is often recommended by *Anxiety Disorder Association of Manitoba (ADAM)* staff. MHERC has several copies.





MANITOBA SCHIZOPHRENIA SOCIETY
A REASON TO HOPE. THE MEANS TO COPE.



Mood Disorders
ASSOCIATION OF MANITOBA



OCD Centre Manitoba, Inc.

Drop by for a visit!

Library staff will be happy to give you a tour of the building.

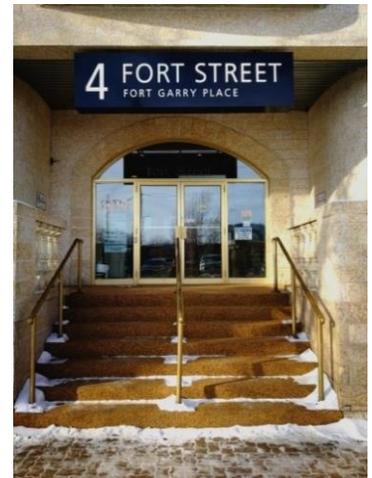
On the corner of Fort and Assiniboine: 4 Fort St

FACES is the collective name for the five self-help organizations co-located at 4 Fort Street, on the corner of Fort and Assiniboine.

FACES includes Anxiety Disorders Association of Manitoba, Inc. (ADAM), the Manitoba Schizophrenia Society Inc. (MSS), Mood disorders Association of Manitoba,

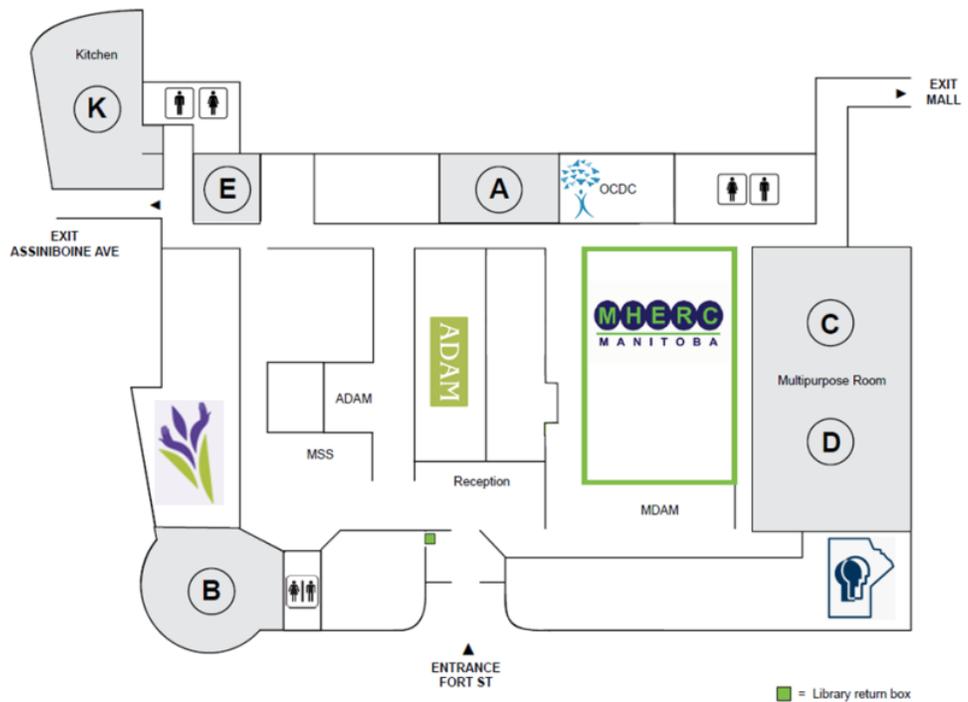
Inc. (MDAM), the Obsessive Compulsive Disorder Centre Manitoba Inc. (OCDC) and us—Mental Health Education Resource Centre (MHERC).

The name FACES was chosen to represent many faces of individuals with mental illness, including their friends, families and natural supports.



FACES is wheelchair accessible.

We take requests all the time; if you have a resource that you would like to see in the library, please let us know (we also take donations)!



BOOK RETURNS: After-hours Drop off box Located in FACES Entrance (The entrance is accessible 8:30am to 9pm daily).

Spotlight on a Local Author: Broms The Poet

Broms The Poet is a proud Manitoban product, born and bred.

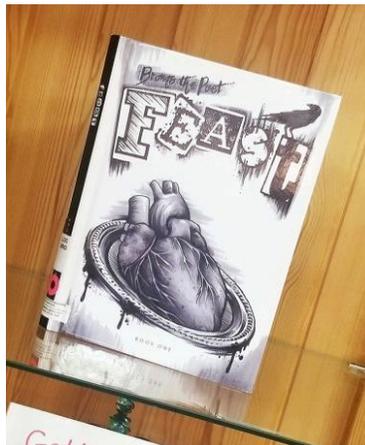
Drawing his literary styles and influences from a potluck of life experiences, he takes his readers on a trip into themselves.

By freeing himself to write whatever comes to hand and heart, his hope is that others might feel free to do the same. To write, think, and speak **their**

truths openly, and to Live out loud as we should.

“FEAST” is his first offering in a series of books he has written and it made the Winnipeg McNally Robinson’s Bestseller list the week following the book’s release at the end of March.

Check out Broms The Poet on Facebook: @thepoetbroms



Fill your plate. Feed your soul. Come back for seconds. Take what you need, and leave the rest as leftovers. The time has come for hungry hearts to FEAST!”

MHERC at Fairs

One of the ways MHERC aims to spread awareness of our lending library is to participate in fairs in the community.

Last fall we had the privilege to go to Waverley mosque for the Mental Health & Awareness Fair, hosted by The Manitoba Islamic Association. The fair was well attended and we had over 40 people stop by our table! There were a total of eleven mental health agencies from Winnipeg who participated in the event, four of which were from FACES.

The fair took place on a Friday, and people stopped by before and after a regular prayer service. Many thanks to Dr Natasha M. Ali for organizing the event.

If you are hosting a lecture, conference, fair or another type of event please let us know. It would be our pleasure to be represented at your event!

Our fair set up includes sample resources for browsing, brochures for taking, a roll up standing banner and, of course, a friendly volunteer or staff person to answer any questions about MHERC’s services (All we need is a table).

MHERC resource centre services, include:

- Tours of FACES
- Books, DVDs, CDs, Magazines, Kits for Lending
- Daily Newspaper & Archives
- Public Use Computers
- Printing (at a fee)
- Community Notice / News Bulletin Boards

Artist’s Work on Display

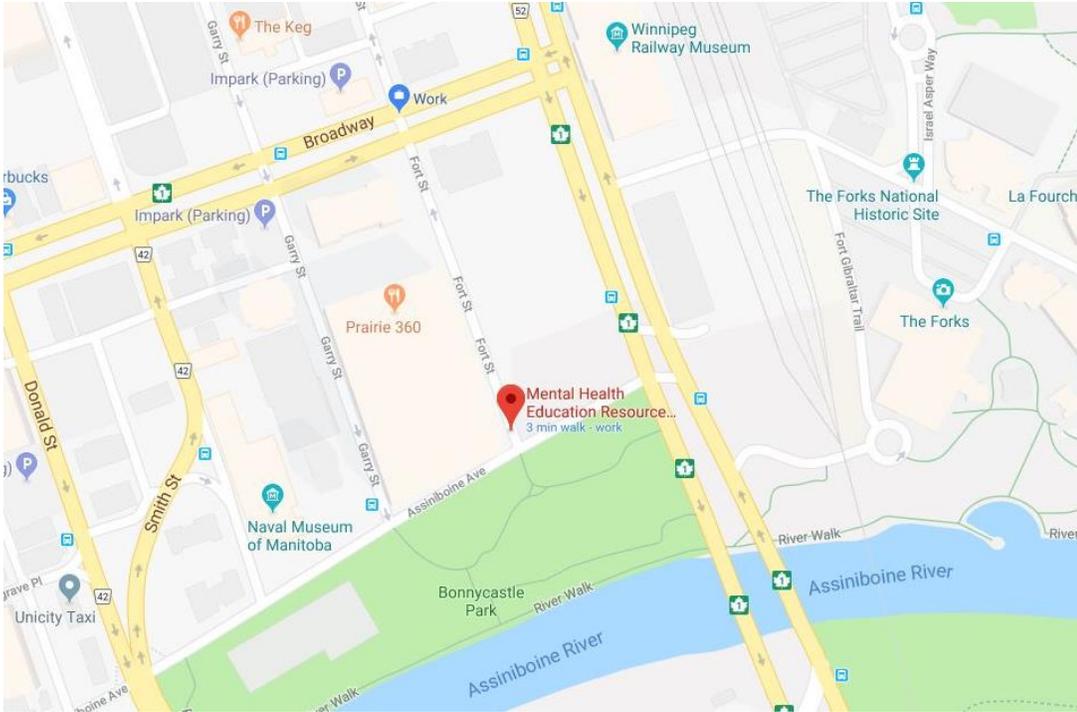
MHERC library currently has two mixed media paintings on loan from local artist Nigel Cann!

“I purposely use reclaimed materials that some artists on observation might consider crude or inappropriate,” Cann says. “At times I reflect back to childhood tools & techniques to create. My attempt to find inexpensive solutions that mimic more expensive materials is due to my limited access to professional artist supplies.”

With his art, Cann hopes to highlight “the wastefulness we overlook in our everyday lives.” Check out more art on Instagram: @CanUKcorr



Left: 13.26 Cheerio (2018). Right: Cautionary_Shart (2018).



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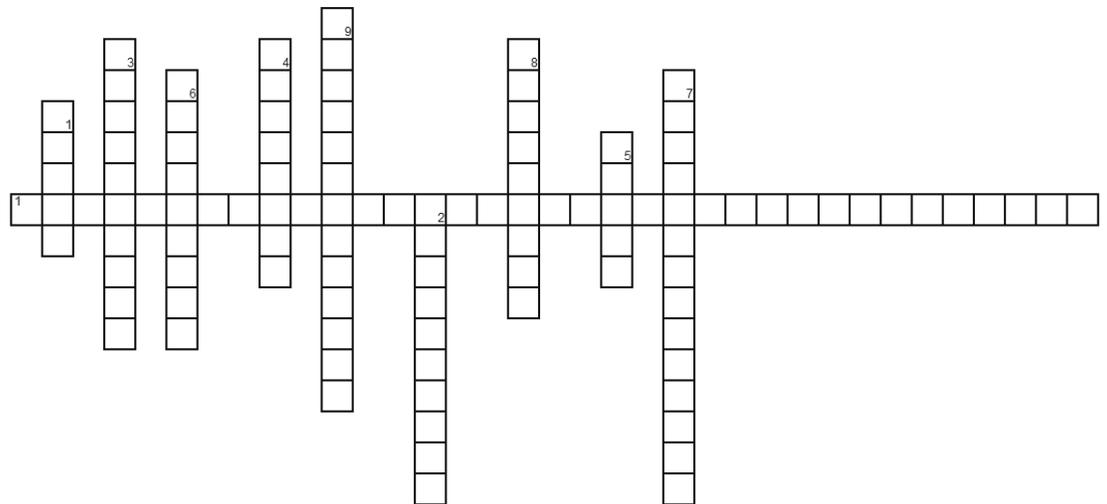
Hours

Monday – Friday 9-4pm*
 *In the event that we close during regular hours, we will post a message on Facebook and put a notice on outside the library.

Image Source: Google Maps

Browse the catalogue online
mherc.mb.ca
Become a member today

Newsletter Crossword Puzzle



Across

- 1. What "MHERC" stands for

Down

- 1. Name chosen to represent the five self-help mental health organizations at 4 Fort Street
- 2. Located in the building entrance; book return location (3 words)
- 3. Essential library personnel
- 4. Days MHERC is open
- 5. Newsletter's feature author
- 6. Artist whose work is on loan at MHERC
- 7. A place where MHERC attended a mental health fair (2 words)
- 8. A daily delivery to MHERC, e.g. WFP
- 9. Evening gatherings at FACES (2 words)



Your free lending library for mental health resources!

across) mental health education resource centre; down) faces; drop off box; volunteers; weekdays; brows; Nigel Cann; waverley mosque; newspaper; support groups