



MTW News

Mapping the Way

Mobile Multidisciplinary Mental Wellness Clinical Team

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SELF CARE TIPS:

- Go for a walk
- Connect with Nature
- Journal Your Thoughts
- Listen to Music
- Volunteer
- Take a Nap
- Sing
- Read
- Call a Friend or Family Member
- Make a To Do List

Reminder:
Take
Care of
Myself

Life is short

Live Well!

Meet the Team

Mapping the Way, a mobile multidisciplinary mental wellness team is beginning its third year of a four year project. Funding for this project has been provided by The Northern and Aboriginal Crime Prevention Fund, as well as financial and in-kind resources from all health care providers in Labrador including: Nunatsiavut Government, Labrador Grenfell Regional Health Authority, Sheshashiu Innu First Nation, Mushuau Innu First Nation and Health Canada (Labrador Secretariat).

Members of these health organizations serve as the Advisory Committee for the



From left to right, Cathey, Reta, Lisa, Cassi, Zita and Mary.

project.

Mapping the Way is comprised of a project coordinator (Zita White), clinical Manager (Mary Sheppard), two social workers (Reta Saunders and Cathey Earles), an occupational therapist (Lisa Dennis), youth outreach worker

(Leeanne Fowler) and administrative support (Cassi Chaulk). Psychological services are provided on a contract bases by Heather Paul. Mapping the Way targets children, youth and young adults between the ages of 6 and 24 and includes clinical, prevention and capacity building services. Mapping the Way is support and guided by Community Wellness Teams. Services are presently provided in Hopedale and Sheshatshiu. The project will expand in to Nain in September 2012 and to Natuashish in the near future.

"Handwriting Without Tears"

I am offering a "Handwriting Without Tears" workshop at Sheshatshiu Innu School, On November 8th, 2012

For the following time slots:
Morning - Session 1 - Pre K writing readiness

Afternoon - Session 2 - K-2 writing

This workshop is offered to teachers and resource teachers that teach the Pre K - grade 2 developmental writing levels; as well as to parents with children have learning disabilities, ASD, FASD, ADD/ADHD, Sensory

Processing Disorder or any child with handwriting difficulties. Parents who home-school their children, will particularly find this program interesting because it has a multisensory approach to learning handwriting which is fun for everyone.

For those of you who are unable to attend in person there will be an opportunity to view webinars at your leisure and then have a live Q&A session via webinar with the same presenter, time and date to be announced.

If you are interested in participating, in either the live workshop or the webinar please contact me via email by October 30th, 2012.

If you want more information on the curriculum, please refer to their website: <http://www.hwtears.com>

Marcia-Lisa Dennis, OT(R)NL
Occupational Therapist
lisa_dennis@nunatsiavut.com



Mapping the Way

Mobile Multidisciplinary Mental Wellness Clinical Team

6 Hillcrest Drive
P.O. Box 1016 Station C
Happy Valley - Goose Bay, NL
AOP 1C0
Phone: 709-896-4480
Fax: 709-896-4660
www.labradormappingtheway.com



CHEERFUL * GLAD * MERRY * DELIGHTED * GLEEFUL * OVERJOYED * ECSTATIC * GREAT * SATISFIED * ELATED * IMPORTANT * SUNNY * FESTIVE * JOYOUS * THANKFUL * FORTUNATE * JUBILANT * LUCKY

*"Today you are you. That is truer than true,
there is no one alive that is youer than you" -Dr. Seuss*



Summer Social Worker Student—Linda Saunders-Mclean

During the summer Mapping the Way was delighted to welcome social work student, Linda Saunders-McLean to work with our team. Linda previously completed a social work field placement with Mapping the Way so she was a natural fit in our workplace.



**Social Worker Student—
Linda Saunders-Mclean**

Over the summer Linda was instrumental in helping staff research new material for prevention programming. Of particular interest were new programs on relationship violence and self-esteem groups for aboriginal youth. She traveled to Hopedale in July and August and assisted with community and youth wellness days.

Linda described her summer position as “a valuable experience” she stated that “she learned from all activities that she was involved in and realized that the planning of activities and events can be challenging and involve just as much work as the delivery.”

Linda says “working with Mapping the Way provided me the opportunity to work in a diverse environment. Being a social worker does not mean doing

one thing rather it encourages innovative and creative thinking to meet the needs of the clients and the communities we serve”.

Linda will begin her final year of the Nunatsiavut Bachelor of Social Work program in September. We wish her all the best in her studies and in her career as a social worker in Labrador

***"Your attitude,
not your aptitude,
will determine your altitude"***

Good Luck