

## Oxford Self Help Network



Proud Member  
of the  
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# Talking about eating disorders

By Eric Schmiidl

Eating Disorder Awareness Week is Feb. 1-7, and the National Eating Disorder Information Centre (NEDIC) is marking the event by promoting the message Talking Saves Lives.

It's a message Jenilee Cook, a community outreach social worker with the

Woodstock and Area Community Health Centre, knows all too well. Cook told the Sentinel-Review last year that her eating disorder wasn't based on pressure to be a certain body type but rather "a dysfunctional coping method."

"It's a way to control things when everything felt out of control," Cook said.

The death of her father might have played a role in her disorder, she said. She restricted food and then binged (food was hidden all over the house) and began overexercising.

She enrolled in an eating disorder

program some time ago and told the Sentinel-Review that she believes she will



not relapse.

Since that story was printed, Cook said "I continue to stay strong in my recovery." She does that by speaking up, both personally and in social media.

"It helps me stay accountable to my recovery goals," Cook said in an interview in January.

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***Oxford Self Help Network does not provide professional counselling. It provides one on one peer support and social activities for people dealing with mental illness. We endeavour to treat all with respect and ask that we do not repeat or identify anyone or their experiences outside of OSHN. Confidentiality is a sacred trust.***

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Open

Monday Thru Friday  
10 a.m. to 4 p.m.





# Highlighting eating disorders

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Locally, the second annual eating disorder information night will be held Thursday, Feb. 5 from 7-8:30 p.m. at a location to be announced. For more information, call 519-539-1111 ext. 207/208.

“This free event will showcase personal writings from individuals in recovery from eating disorders as well as host a panel of professionals and those with lived experience for questions and answers,” Cook said.

“The goal: education, awareness and stigma stomping,” she said.

NEDIC’s toll-free helpline became available to Canadians in 2013 and since then the organization has spoken to thousands of individuals, parents, friends and teachers seeking help and information. The helpline number is 1-866-633-4220.

“It is through our outreach and education efforts, that we are able to support these individuals in their struggle to find hope and healing,” NEDIC said.

According to the Canadian Mental Health Association national website, Canadians are surrounded by varying messages from various sources that impact the way they feel about the way they look.

“For some, poor body image is a sign of a serious problem: an eating disorder. Eating disorders are not just about food. They are often a way to cope with difficult problems or regain a sense of control,” the CMHA said.

“They are complicated illnesses that affect a person’s sense of identity, worth, and self-esteem,” the association said.

There are three main eating disorders: anorexia nervosa, bulimia nervosa and binge-eating disorder.

# Diabetes self-management course

Having the confidence to manage all aspects of your life including daily activities and your medical needs - we call these skills self-management skills.

There is a free and interactive six-week diabetes self-management program being run through the Canadian Mental Health Association’s Woodstock branch starting April 2 where managing diabetes will be discussed.

Through the use of various coping skills, you will learn how to better care for yourself and your condition. This program was developed and researched at

Stanford University and is now offered around the world.

You should attend this workshop if:

- \* you are someone with diabetes;
- \* you are interested in learning how to better manage your chronic condition;
- \* you are caring for someone living with diabetes;
- \* your health care provider feels you would benefit from attending.

To register, call 519-539-8055 ext. 247 (Susan) or ext. 282 (Maureen).

## February membership meeting

The next Self Help membership meeting will be held Feb. 20 at noon. A draw will be held for free cans of pop.

*Free can of pop draw (enter your name in this box)*



# Self Help support groups

## Schizophrenia Support

*Tuesdays 4-5 p.m.*

Schizophrenia can be a frightening disease that causes some disturbances in thinking, feeling and relating to others.

This support group provides an opportunity for fellowship and friendship with others who have had difficulties with this illness.

The group meets Tuesdays from 4-5 p.m.

To ensure confidentiality and a level playing field you must be diagnosed with schizophrenia or a related psychotic illness by a psychiatrist to attend this group.

New members must speak to Elizabeth before attending for the first time (call 519-539-8055).

## Mood Disorder Group

*Wednesdays 7-9 p.m. and Tuesdays 1-3 p.m.*

This is a peer support group for individuals diagnosed with depression, bipolar and anxiety disorders.

Confidentiality, empathy, solidarity, positivity and a safe place to discuss with peers the challenges that these disorders can cause in our lives are the key components to this group. Please call 519-539-8055 and ask for Wes or Laura for more information.

**NOTE:** The afternoon group will be held in the Whitelaw room unless otherwise noted.

## Ingersoll Mental Health Support Group

*Thursdays 1:30 p.m.*

Lonely, sad, tired? You may be depressed or you may know you have other issues concerning mental health.

Come and share your thoughts and feelings in a kind, accepting environment. You don't have to be alone.

**Location: First Baptist Church-in the Annex**

**235 Thames St. S.**

**Ingersoll, ON N5C 2T6**

For more information please call the office @ 519-539-8055 or 1-800-859-7248.

## Pick a colour, any colour...

Our executive director (Laura) and our recreational co-ordinator (Wes) are in competition to raise money for the Oxford Self Help Network by having their hair coloured at the March 4 make-over day.

Tickets are \$1 each. When you buy a ticket, specify whether it is for Laura or Wes.

On Feb. 27, two draws will take place, one for Laura and one for Wes.

The winners will be able to choose the hair colour for our two staff members.

Almost any colour can be done, so get creative with your choices, and help raise money for OSHN.

**We are now on Facebook. Check us out at: [https://www.facebook.com/pages/Oxford-Self-Help-Network/150925168436882?ref\\_type=bookmark](https://www.facebook.com/pages/Oxford-Self-Help-Network/150925168436882?ref_type=bookmark)**



## February movies aplenty at OSHN

The Monday movie group continues at OSHN.

Fill in the movie selection list in the office if there is a movie you'd like to see.

The February lineup is:

Feb. 2: *Boyhood*

Feb. 9: *Dr. Cabbie*

Feb. 16: *Sex Tape*

Feb. 23: *Gone Girl*



## Art group goes on at Oxford Self Help



Every other Wednesday, an art group is meeting at Oxford Self Help Network.

This will be different from the still-running craft group as it will focus on teaching and expressing

through sketching and canvass painting.

February's groups will be Feb. 11 and 25 from 1-3 p.m.

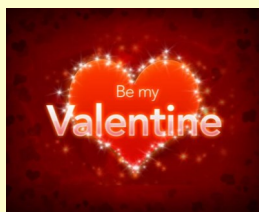
The group is free to attend and supplies will be provided.

## Valentine's crafts arriving at OSHN

Welcome to OSHN crafts - held on each Tuesday of the week from 1-3 p.m.

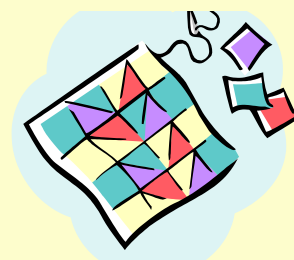
We offer a different craft each week that will involve the theme of that month. Talk to Karen Fava.

Crafts for the month of February will be Valentine's/love related.



## One Stitch at a Time

New to the Self Help mix is the One Stitch at a Time (knitting, sewing, crocheting group) Mondays at 1 p.m.



## Time to Beat the Boss

Come and play against Laura in dominoes or croki-

nole, or bring game suggestions, Wednesdays at 10:30 a.m.





# Makeover days continue

Makeover days will now be offered on the first Wednesday of every month.

The groups will be smaller to help with time constraints.

Signup sheets will be at the office.

The next makeover day will be Feb. 4 from 1-4 p.m. In March, the makeover day will be March 4.

## Bingo at Self Help

Come join us for some fun on Fridays at 1 p.m. at Self Help for bingo. You can win a prize and join in for cards following bingo.



## On a roll with role playing

The role playing group meets Mondays and Fridays from 11 a.m.-4 p.m.



Various games are up for the players.

The group is limited to up to five players.

If interested talk to Wes.

## Thursday luncheon upcoming

Oxford Self Help Network/ Canadian Mental Health Association will be putting on another luncheon on Thurs-

day, Feb. 12.

Tickets are \$2 and the meal is to be announced closer to the date.

## Euchre tourney

The euchre tournament continues Thursdays from 1:30 -3 p.m. Monthly prizes can be won, so come and take some tricks and have a good time.



## Hearts tourney

For anyone who likes playing cards or is looking to learn a new card game to play, we will be playing hearts Wednesdays from 1:30 to 3:30 p.m.

