



My Employment Experience by Bill Bertrand

Currently I am working as a Housekeeper at an Assisted Living Facility for about 13 years. So here is some insight about my employment efforts. My vocation has had 3 levels of activities: 1. A Volunteer Practice. 2. A Study. 3. A Work Trade. There have been various Mental Health Programs and Staff Members who have helped me to get activated into these 3 levels of activities. Education activities started with psycho-social education in the hospitals' in-patient and out-patient programs, then by going to Church on Sundays, then taking courses at Camosun College one course at a time for 15 years. My volunteer activities with the help of Volunteer Victoria consisted of visiting and recreation with various mental health patients in hospitals, boarding homes, and with seniors in care facilities. My Volunteer Practice is where I developed relationship skills, communication skills, and friendship skills. By developing these soft skills I gained self confidence that helped me in the workplace. Work Programs such as the Tree Program in Campbell River, and the Capital Mental Health Association prepared me to work. Then I took the Retail Sales Program with the Victoria Downtown Business Association which led to a 21 year career as a Sales Associate in Men's Wear in a Department Store. Mental Health staff members helped me to process life's events. They helped me with self-reflection, communication, and psychological and philosophical reasoning which I further developed with courses at Camosun College. I had to learn how to work with my emotions, and, yes, emotional labor is a lot of hard work! Thank you for all of the support! Living a balanced life takes lots of quality time for internal listening working with my mental capacity so as not to take on too much mental stimulation: learning when to move forward outward and when to retreat inwards like the movement of the Tides. I have also learned how to cope with rejection and failure all while enjoying the Joy of Work and Friendships. So, I hope that you enjoy each activity that you do: whether as a Volunteer or paid worker. Develop new skills one step at a time. Be like a student in the learning mode gaining Wisdom from Life's events for inspiration to be a good friend. In weaving your Vocation don't forget to sing, pray and play to hold everything together as you transition through the various Seasons of Life.

WINTER

Winter winter is here again
The cold, the rain, the wind, and the
sun
Should I wear a coat, rain jacket or
a t-shirt?
We never know what to expect for
weather

Winter winter how you laugh
Eggnog, hot chocolate and candy
cane drinks
A fireplace or a fan going
Cozy days cuddled up watching
movies
Or out for a walk in the sun
Or would you prefer a jump into a
puddle

Winter winter is here to stay
Until spring says "go away so I can
come out and play"

Written by **Shauna Kehler**
November 14, 2023





Programming Updates:

What: Holiday Decorating Party

Where: The Clubhouse

When: Tuesday, Dec 5th 2-6 pm

What: Gingerbread Showcase

Where: Parkside Hotel & Spa

When: Saturday Dec 2nd 1-4 pm

What: Fired up! Ceramics

Where: Meet at the Clubhouse

When: Saturday Dec 16th 1-4 pm



We would like to extend our sincerest thanks to Dr. Hector Curncho for taking the time to visit Connections Place and give a talk on relaxation and stress response. We are incredibly grateful for the knowledge and insight he shared with us during his visit to the Clubhouse.

Recent Programming:

Bug Zoo!!



Talk with Dr. Colette Smart



Where does Santa's Reindeers stop for Coffee?:



Collective colouring project!

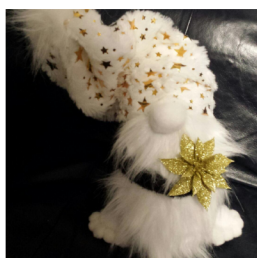


Grizzlies Hockey Game!

Star-bucks!

Art Submissions:

Christmas Knome by Yvonne Trouter



Foil Art by: Kit/Sage Galtayne



Clay Art by Dan. V



Art by: Karen Bird

**MENTAL
ILLNESS
Wellness**

Want to be highlighted or feature your submission in a future newsletter? Email us at info@connectionsplace.org

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