



News

www.socialphobia.ca

Meetings are held from
September - June:
Wednesday

7:00 - 8:30 p.m.

1st floor, Room #G50
(past elevator lobby, through
double doors, down corridor,
to the right)

Centre For Addiction
and Mental Health
250 College Street,
Toronto, (Clarke Site)

*This group is not a CAMH
program. They have
graciously offered us space
for our meetings, for which
we are grateful.*

**We hope to see you at
one of our meetings.**

**For more
information
contact**

Earla L. Dunbar
Group Facilitator
416.850.8778
earladunbar@rogers.com

Paul M. Rennie
Group Facilitator
pmrennie@yahoo.ca



Earla was thrilled to receive the Outstanding Volunteer Service Award for herself and the Support Group at the Annual Community Recognition Awards by Donna Cansfield, MPP Etobicoke Centre.

Open Letter To Our Members

I am so proud of each of you. It takes courage to acknowledge that you have social phobia and then reach out for help. Since the inception of our group in May, 2001 we have come a long way. We have recently been featured in magazines and newspapers as well as on radio and television. In addition we have been involved in the Centre of Addiction and Mental Health's Transforming Lives campaign and written up in their annual report.

There are many of you that help out by volunteering their time and talent.

Our web site, which has impressed many a professional, is designed and maintained by the very proficient Bevan. The site is not only attractive but at the same time very informative.

Janice, who is amazingly talented, compiles our quarterly newsletter, which is now in its third year. The newsletter committee including Janice, Mike and Valerie contributes to the content and Medirex Systems Inc, where Valerie is employed, provides the printing. The final product, as with the web site, has garnered many compliments.

In order to cover operating expenses and spread the word about social phobia it has become necessary to set up a fundraising committee. Our first meeting of the committee, which includes Mark, Ara and Valerie, was very successful and several ideas were presented. Valerie is also involved in organizing social outings and was instrumental in setting up the new monthly Dinner Club.

Paul, as you are aware, is our co-facilitator and gives his time to facilitate at meetings. In addition, Paul and I spend many hours discussing new ideas, subjects for discussion and giving each other support when we feel we have not been as successful in meetings as we would have liked.

We are grateful for the space at the Clarke site and to Dr. Martin Katzman, START Clinic for his support and belief in our group. It was his confidence in me and the fact that he gave me a big push that enabled me to set up this group.

Thanks to all of you for your support, loyalty and help.

Believe in yourself,

Earla Dunbar, Founder and Group Facilitator



Nelson, Earla and Paul enjoying the Annual Christmas Party, which was hosted again by Valerie whom we very much appreciate for all her efforts.

SPSG MISSION STATEMENT

The Social Phobia Support Group of Toronto, is committed to provide group and individual support, understanding, educational information and processes to enable individuals, suffering from Social Phobia, to control their disorder and achieve greater stability within their communities, workplaces and individual lives.

Providing support and encouragement in a relaxed & friendly group environment.

Participants Needed!

Social Anxiety Treatment Study

Do you experience...

- Intense worry for days or even weeks before an upcoming social situation?
- Extreme fear of being judged by others, especially people you don't know?
- Excessive self-consciousness and anxiety in everyday social situations?
- Fear that you'll act in ways that will embarrass or humiliate yourself?
- Avoidance of social situations to a degree that limits your activities and causes disruptions to your daily life?

We're seeking people with Social Anxiety Disorder to participate in a study at the Department of Psychology at Ryerson University.

The purpose of this research is to compare two psychological treatments for Social Anxiety Disorder.

If you are between 18 and 65 years of age, and suffer from social anxiety, you may qualify for this study.

You can get help, and help others through your participation.

To learn more about this study please contact us at:

416-979-5000, ext. 2183 or anxietystudyinfo@gmail.com

People who have had CBT or mindfulness treatment will not be eligible to participate in this study.

RYERSON UNIVERSITY

Our Members recommend...

This is a selection of books that our group members have found helpful.

An asterisk () next to the title means that the book is available in the Toronto Public Library System.*

***The Feeling Good Handbook**

by David Burns, published by Plume

"Excellent book. I really enjoyed it. It reinforced that I was the one in control of my thoughts and feelings." - E.

***Dying Of Embarrassment**

by Barbara G. Markway, published by New Harbinger

"Excellent book to read when you are first learning about Social Phobia. It was the first book I read about S.P. and it made me feel I was not alone with Social Phobia." - E.

***Triumph Over Shyness:**

Conquering Anxiety & Social Anxiety

by Murray B. Stein and John R. Walker

***Painfully Shy : How To Overcome Social Anxiety and Reclaim Your Life**

by Barbara G. Markway and Gregory P. Markway, published by St. Martin's Press.

"It helped me a lot." - Brian

**When worry takes over:
anxiety and its related problems**

A free conference on General Anxiety Disorders open to the public

Speakers include:
Dr. Martin Katzman
Generalized Anxiety Disorder
Panic Disorder
Dr. Monica Vermani
Post Traumatic Stress Disorder
Dr. Adam Radomsky
Obsessive Compulsive Disorder
Madalyn Marcus M.A.
Social Phobia

Sunday, April 20, 2008
1:00 - 4:00 p.m.
Metro Hall, 55 John Street
Toronto, ON
3rd floor, Rooms 308 & 309
www.anxietycanada.ca

Space is limited.
Please reserve by e-mail at
contactus@anxietycanada.ca
or by phone at
1-888-223-2252

This event is organized by:
Anxiety Disorders Association of Canada
L'Association Canadienne des Troubles Anxieux

This event is sponsored by:
AstraZeneca

The An
Associ
will be
Sunda
be no c
web sit
www.a



Congratulations to the winner of the Dirty Dancing tickets, Rob McConnell.

Transforming Lives is a public awareness campaign, which focuses on personal stories of peoples' experiences with addiction and mental illness. Celebrities and non-celebrities came forward to share their stories to support the efforts to educate the public about these challenges, break down stigma, and improve access to the information and services available at Centre for Addiction and Mental Health.

To see Earla's stories and others please go to www.transforminglives.ca



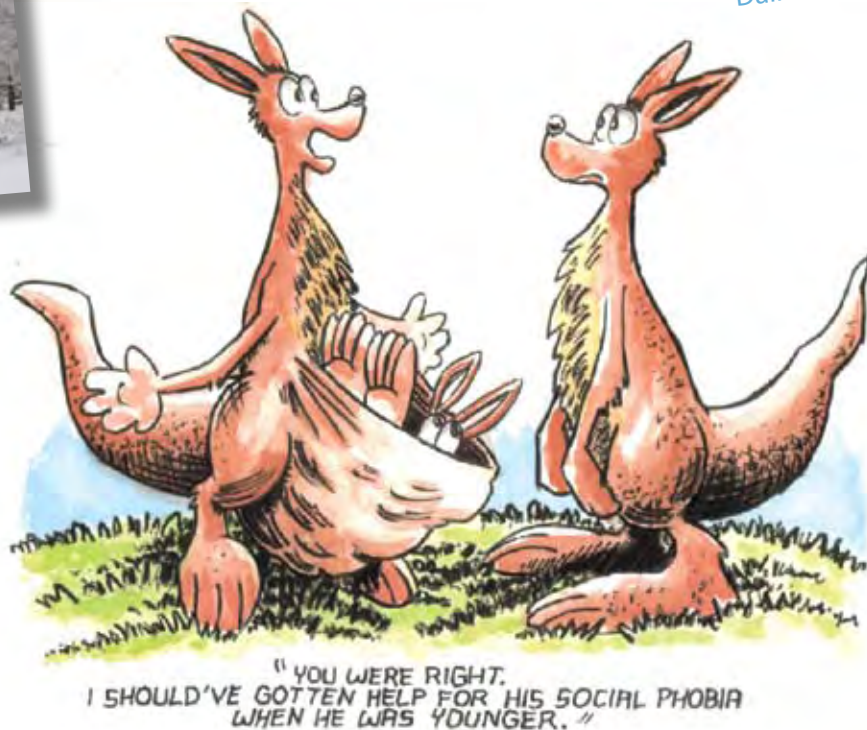
Remembering our very snowy winter.

Photographs by Mark de la Hey



"Open your arms to change, but don't let go of your values."

Dalai Lama



Phunnies by James

Anxiety Disorders Association of Canada / Association Canadienne des Troubles Anxieux hosting a consumer conference

on **Monday, April 20, 2008**, at Metro Hall and there will be no charge for admission. Please check out our website at www.socialphobia.ca or anxietycanada.ca in 2008 for more details.

Mad Pride Week Toronto 2008

July 14th to 20th

Each day there will be an opportunity to participate in a great Mad Pride program somewhere in the City.

Mad Pride Arts and Education is from Tuesday July 15th to Thursday July 17th out of May Robinson Auditorium at 20 Westlodge. They are looking for; *films, *theatre,

*performance art, *research presentations

*panel discussions *and more!. Let's get involved with this.

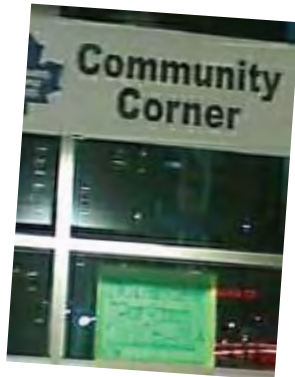
Please contact Paul or Earla if interested



Paul and I took part in the MAD PRIDE Parade last year. We want more Social Phobics out this year so come and join us and help spread the knowledge about Social Phobia (and I promise our signs will be beautiful!).

Thanks Mike for attending and helping with another awareness project for Social Phobia.

Mike Kealey whom by himself was kind enough to set up a booth with our flyer and newsletter at the Air Canada Centre during a Maple Leafs hockey game (and in fact the Leafs won!). Our name was also displayed on the ACC video board.



WIN A PRIZE!

If you are the first person to e-mail the answer to this cryptogram!

CRYPTOGRAM # 6

By Valerie Armstrong

A cryptogram is a letter substitution puzzle consisting of a phrase in which each letter has been replaced by a different letter.

For example X might stand for E, L for T and so on.

Clue: I = F

IOCM VZ KDHUXOMOS GF CKPVDH. LWOH LO
KWCYYOHJO DXM IOCMZ LO SOIOCP PWON.
LWOH LO JMCTTYO LVPW DXM SVIIVKXYPVOZ,
PWOY YDZO PWOVM WDYS XTDH XZ. LWOH LO
SCMO PD ICKO PWO PWHVJZ PWCP ZKCMO XZ,
LO DTOH PWO SDDM PD IMOOSDN.

E-mail your answer to: earladunbar@rogers.com

Donation Form



Please consider sending the Social Phobia Support Group of Toronto a tax-deductible contribution.

Every dollar counts, so please mail a donation to help us continue our work.

Yes, I wish to make a donation of:

\$5 \$10 \$20 \$50

Other Amount \$

Name:

Address:

City: Postal Code:

E-mail Address:

Please make your cheque payable to:

The Social Phobia Support Group of Toronto.

Mail to: 790 Bay Street, Suite 900, Toronto, Ontario M5G 1N8

Attention: Earla Dunbar

THANK YOU FOR YOUR SUPPORT



Solution to related anagrams #2

- 1 yhrpgohpato = photography iaidlgt aremcsl = digital camera
- 2 togancnuic = **accounting** aelgner lregde = **general ledger**
- 3 yieltriectc = **electricity** tratlaignn urtencr = **alternating current**
- 4 panacilndsg = **landscaping** rwefof rnegdas = **flower gardens**
- 5 rcahistpyy = **psychiatry** enatlm eahtlh = **mental health**