

Regina Mental Health Clinic - Saskatchewan Health Authority

National Social Work Month is being celebrated across the country in March of every year. In Saskatchewan, Social Work Week was celebrated this year March 18-24 with the theme being "Bringing Change to Life." The Social Workers at the Regina Mental Health Clinic, embraced the theme of 'Bringing Change to Life' by hosting activities that included both their colleagues and the community.

A tree of change was created and all staff were encouraged to post their 'hope for change' butterfly with a message of the change that they would like to see in themselves, others, community or the world. Messages of hope included peace, tolerance, curiosity, acceptance, more rest and the powerful reminder 'Sometimes I inspire my clients but more often they inspire me'. The staff that participate, may enter their name in a draw for a gift card.

As part of social work week, the clinic social workers decided to give back to the community by donating new hand held gardening tools and seeds to North Central Community Gardens. The donated items will be presented to the coordinator of the gardens sometime in early April. In turn, North Central Community Gardens have invited the clinic - staff to volunteer their time to participate in a 'planting bee' that will be held in late May or early June. It will be a great opportunity for those who donated to work alongside those that will benefit from the donations.

The clinic social workers enjoyed working together as a team to create this fun activity as part of social work week. Whether providing front line mental health care or in a leadership role, Social Work Week is one way to acknowledge the many types of roles and responsibilities that social workers provide daily in health care. To those of you who are reading this story, what is your hope for change?