

HEALTHY LIVING

Local woman publishes self-help book dealing with bereavement

Georgetown resident Betty-Lou Kristy is continuing on her odyssey to bring the issues of mental health, addictions and bereavement to the forefront.

Kristy was awarded the 2009 Centre for Addiction & Mental Health (CAMH) Transforming Lives Award. She is a survivor of mental illness, addictions and childhood trauma.

Since 2001, when she lost her only child, Peter Kristy Beattie at age 25 to an accidental overdose of prescription pain and psychiatric medications while struggling with many of the same illnesses that she fought for most of her life, Kristie became an outspoken volunteer advocate for mental health, addiction, trauma and bereavement reform.

She shares her journey and her late son's journey, publicly as a speaker and around many committee tables, for youth and adults through Ministry



BETTY-LOU KRISTY

of Health, Mississauga/Halton LHIN, Region of Halton, Centre For Addiction & Mental Health (CAMH) and many other community agencies. Kristy is also a board director and peer support bereavement facilitator for Bereaved Families of Ontario (Halton/Peel).

"All of these tough issues need to be expressed so others can feel safe and be safe

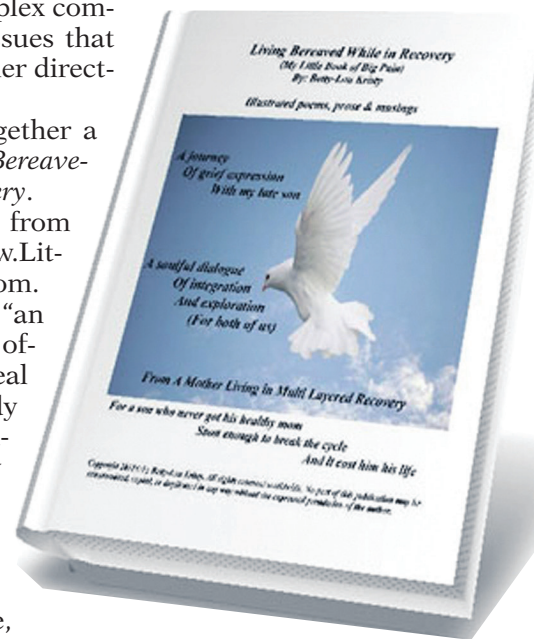
by reducing the isolation, shame, stigma and barriers," said Kristy. "Raising awareness, educating, promoting diversity, social inclusion and non-oppressive approaches is key as these are complex community and social issues that effective us all whether directly or indirectly."

Kristy has put together a new e-book, *Living Bereavement While in Recovery*.

It is available from Kristy's website, www.LittleBooksofBigPain.com.

It is described as "an urban, artsy, honest, often raw and very real depiction of tragedy and triumph. An experiential journey of grief expression, exploration and integration has 55 entries set in verse, soulful dialogue, prose and musings; chock full of pictures, (many entries done on pictures of her late

son Pete during his life) that invites the reader into a depth of emotional engagement which is not possible to articulate in spoken word."



The book documents a mother grieving the

loss of her beloved son and all the searing dynamics of a child lost to prescription opiate medication addiction (percs, oxycontin), alcoholism, unresolved mental health issues and fatal accidental mixed drug overdose.

"Sometimes raw, it honestly depicts the struggles of a mother living in recovery from her own mental health and addiction issues trying to hold on without relapsing as she battles the relentless pain/grief of losing her cherished son while fully recognizing that had Pete been able to have his healthy mom sooner in his earlier years, she may have been able to provide a healthier foundation that is imperative for any child," said Kristy, when the book was released.

Partial proceeds from sales of *Living Bereaved While In Recovery* are going to Bereaved Families of Ontario (Halton/Peel).

Healthy Living...

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(NC)—Northwest cherries are not only sweet, juicy and irresistible, they're also good for you. A low calorie, high fibre treat, this mighty fruit continues to reveal promising health leads. Studies suggest cherries' positive effects on blood

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7:30 - 9:00 PM

Breathe and Be Free Relaxation Series with Chantal Garneau:
MONDAY EVENINGS IN JUNE
7:30 - 8:30 PM

Visit www.healthspan.ca
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