

# PORTFOLIO

---



MARIA  
LIANOS-CARBONE

---

[marialianoscarbhone@gmail.com](mailto:marialianoscarbhone@gmail.com)

2025

TRAVEL FOOD LIFESTYLE PARENTING STYLE ABOUT

f X P in Q

# anotherworld

life + travel

LIFE

FOOD

TRAVEL

LIFESTYLE

## Turning Travel Moments into Wearable Art with Passepartout

JULY 26, 2015

ABOUT

Hi I'm Maria! I'm an author, lifestyle and travel writer, rock-concert-goer & gluten-free foodie. Oh Baby! A Mom's Self-Care Survival Guide for the First Year: Because Moms Need a Little TLC. Tool is available at Chapters/Indigo, Barnes & Noble, and Amazon!

You read all the birthing books, took the Lamaze classes, and made it through labor (mostly) unscathed, but now the baby is home—and it's a whole new ballgame!

**"ADVICE YOU WANT IN A TONE YOU'LL LOVE."**

—DEBORAH GILBOA, MD, author of *Get the Behavior You Want . . . Without Being the Parent You Hate!*

There are plenty of books and resources about how to properly care for your new baby, but what about caring for yourself? Maria Llanos-Carbone, founder of [anotherworld.com](http://anotherworld.com), outlines the "proper care and feeding" of mothers during their baby's first year with humor and honesty. From the physical and emotional changes a new mom will undergo to battling postpartum depression to rekindling intimacy with her partner, *Oh Baby! Mom's Survival Guide for the First Year* keeps the focus on moms—because you can't draw water (or breastmilk, for that matter) from an empty well. Maria's straight-talking, no-nonsense approach will give new moms everything they need to survive as they embark on the journey of motherhood.

Because moms need a little TLC, too!

"Completely relatable to new AND anxious moms looking for some reassurance that everything is OK."

MATHY BUCKWORTH, author of *I Am So The Boss Of You*

# OH BABY!

A Mom's Self-Care Survival Guide for the First Year

MARIA LLANOS-CARBONE

HELPING FAMILIES BE HAPPY

This book helps families:

- Feel confident
- Love life!

Visit [www.families.com](http://www.families.com) for more ways that help families live the life of happy family life.

\$16.99 US / Motherhood

ISBN 978-1-945547-70-4

9 781945 547706

# ARTICLES

the MIGHTY

Newsletters Explore

Borderline Personality Disorder

## What Does It Actually Mean to Have a 'Personality Disorder'?

Maria Lianos-Carbone • Follow  
November 2, 2020

The most helpful emails in health  
Get hand-picked resources and highlights from our Mighty community straight to your inbox.

[Browse our free newsletters](#)

Our personalities are what define who we are as individuals. It's our way of thinking, feeling emotions and behaviors that make each of us different. An individual's personality is influenced by their life situations, surroundings as well as inherited characteristics. But what happens when you're told your personality is a "disorder"?

### What Do We Mean by 'Personality'?

What we mean by personality depends on who you ask. In traditional psychology, the "Big Five" theorizes that people's personalities can be described by variations across five basic dimensions; agreeableness, conscientiousness, extraversion, openness and neuroticism.

Your tango

LOVE QUOTES ZODIAC HOROSCOPE ENTERTAINMENT & NEWS FAMILY SELF HEALTH & WELLNESS HEARTBREAK EXPERT ADVICE

ENTERTAINMENT AND NEWS

## 100 Funniest Movies Of All Time & Where To Watch Them

By Maria Lianos-Carbone • Written on Apr 30, 2021



We could all use some mindless entertainment to help us escape from the often harsh realities of our lives, and that's exactly what [the best movies](#) provide.

So what could be better than checking out this list of [the best comedy movies](#) of all time to make sure you've seen them all?

Whether you're a fan of streaming the funniest movies you can find on [Netflix](#), [Hulu](#), [YouTube](#), [Amazon Prime](#), elsewhere, or all of the above, the comedies listed below are all [available to stream right now](#) — so what are you waiting for? Sit back, relax, and prepare for lots of belly laughs as you enjoy these silly, often absurdly funny movies.

Today's Parent

[Getting Pregnant](#) [Pregnancy](#) [Baby](#) [Family](#) [Product Reviews](#) [Recipes](#) [MORE](#)

BEING PREGNANT



## 8 things to love about being pregnant



From finally reaching your [#hairgoals](#) to being able to blame every mistake on pregnancy brain, there are plenty of things to love about being pregnant.



BY [MARIA LIANOS-CARBONE](#)

UPDATED FEB 04, 2020

For most women, pregnancy is *not* the image of a rosy-cheeked woman, twirling in a floral dress in the middle of a **lush meadow**. Despite the morning sickness, weight gain and sore back, there are some remarkable and wonderful things women experience while they're expecting. Here are eight things to love about being pregnant.

### 1. People are nicer to you

When people see you're pregnant, most will go out of their way to be kind. You'll suddenly have the red carpet rolled out—people will open doors for you, let you cut in long lines and give up their seats (not so much [on public transit though](#)). Your mom will be dropping off dinners, your partner will be propping your pillow and massaging your back... Everyone will suddenly look at you differently—in a good way. It's kind like you're walking around with an



# ARTICLES

## INTROVERT, DEAR

AWARD-WINNING COMMUNITY FOR INTROVERTS

RELATABLE GROWTH RELATIONSHIPS PARENTING SCIENCE CAREER MY BOOKS ABOUT ME

RELATABLE

### 10 Things I Wish People Knew About Me as an Outgoing Introvert

By Maria Lianos-Carbone • August 19, 2020



For a long time, I thought I was an extrovert. I liked going to social events, being around people in a fun environment, and striking up conversations with complete strangers.

But I also discovered that those outings left me mentally and emotionally exhausted. Was I an introvert? How could I be if I enjoyed socializing once in a while?

Years later, I realized that I don't own a permanent placement on the sliding scale between introvert and extrovert. While I lean toward the introvert side, there are times when I can cross over to the other side of the spectrum.

So, I consider myself an outgoing or "extroverted" introvert. Here are 10 things I wish people knew about me.

PARENTS  
Canada

HERE TO HELP WITH EXPERT ADVICE



Expecting Baby Toddler Preschool School Family Food Products We Love

Toddler 4 min Read

### How To Help Your Toddler Get To Sleep Without Fussing

Share Article



Maria Lianos-Carbone

April 15, 2015

When a baby passes that one year milestone, weary parents are hopeful for the return of regular sleep. But your toddler's sleep habits may be posing new problems.

For Victoria Payne, the process of getting her two-year-old daughter to sleep is a challenge. "She sleeps nine to 10 hours a night, and has a one- or two-hour nap if she will go down. My issue is getting her to sleep."

While Victoria sticks to a regular bedtime routine, it takes well over an hour for her daughter to enter dreamland. She also doesn't nap consistently and will only take a snooze if she's being driven around.

Corinne Calleri's 14-month-old doesn't sleep much at night and she fights her naptime too, becoming overtired. She sleeps only six to eight hours a night but wakes up about two to three times. If she does nap, it's for an hour or two and comes with resistance.

# WEBSITES

Contact Us About English Accessibility Donate Now Crisis Live Chat In Crisis? Call 1-855-310 COPE (2673)

YSSN YOUR SUPPORT SERVICES NETWORK Find Support Programs & Services News & Resources Events Feedback

## Developmental, Mental Health and Children's Services

*It's your journey, it's your way*

- I'm in crisis and need support now [Learn more](#)
- I need to be connected to mental health supports [Learn more](#)
- I have a developmental disability [Learn more](#)
- My child has developmental delays [Learn more](#)

DSO Developmental Services Ontario What is DSO How to access services Funded services Housing Resources Find your area DSO Feedback About us Search Français

## Your access point for adult developmental services

[REGISTER / LOGIN](#) Don't need to register as a new applicant? Connect with your local DSO by going to the [Find your area DSO](#) page.

SPEAK

- How to access services
- Find your area DSO
- Resources

Passport Program Funding for community participation services and supports I have Passport funding I don't have Passport funding I'm not sure I have Passport funding Resources Find your Passport agency About

Passport Program Changes Effective April 1, 2023

## Funding for your community participation services and supports

The reimbursement program that helps adults with developmental disabilities in Ontario access services and supports.

- I have Passport funding
- I don't have Passport funding
- I'm not sure I have Passport funding

SPEAK

# BROCHURES

**The Passport program**, funded by the Ministry of Children, Community and Social Services (MCCSS), helps adults with a developmental disability be involved in their communities and live as independently as possible by providing funding for community participation services and supports, activities of daily living and person-directed planning. The program also provides funding for caregiver respite services and support for primary caregivers of an adult with a developmental disability.

## I have Passport funding

Since you are eligible for adult developmental services, you are also eligible for Passport funding in the amount of \$5,500 a year. This funding can help you participate in community services and supports, daily living activities, and person-directed planning. Once an agreement has been made between you and your Passport agency, you can use Passport funding to reimburse allowable expenses for supports and services.

## eCLAIM and MyDirectPlan

### PASSPORT eCLAIM

**Passport eCLAIM** allows you to complete a personalized fillable claim form and submit all your Passport claims and receipts online using the eCLAIM website. Through your eCLAIM account, you can submit claims electronically, view your claim submission history and claim status. There are no costs associated to using eCLAIM. You can access eCLAIM, including resources, at [eclaim.passportone.com](http://eclaim.passportone.com)

### MyDirectPlan

**MyDirectPlan (MDP)** is an online tool that allows you to submit your claims online through their website or mobile application. MDP also includes other tools to assist you with budgeting and managing your funding. Visit [mydirectplan.ca](http://mydirectplan.ca)

### When do I apply?

Applicants can begin the process through DSO as early as 16 years of age. This will ensure a smooth transition to adult developmental services.

### Passport vs ODSP

**ODSP** is an income and health benefit program. **Passport** is a reimbursement program that provides funding for community participation, activities of daily living, person directed planning and caregiver respite.

### How do I locate my Passport Agency?

There are 11 Passport agencies across the province. Visit [passportfunding.ca/find-your-passport-agency](http://passportfunding.ca/find-your-passport-agency) to connect with your local Passport program agency.

For more information about our programs and services, please visit: [www.passportfunding.ca](http://www.passportfunding.ca) or contact us at: [info@passportfunding.com](mailto:info@passportfunding.com)

**Passport Program**  
Funding for community participation services and supports  
[passportfunding.ca](http://passportfunding.ca)

January 2023

**Passport Program**  
Funding for community participation services and supports

## PASSPORT PROGRAM

Funding for community participation services and supports



The **reimbursement program** that helps adults with developmental disabilities in Ontario access services and supports.

**Aiden, 15, is an aspiring web developer with a developmental disability in his high school. His family and his support team are excited about his upcoming future. But they are also nervous.**

When youth turn 18, services at Home, Assistance for Child or services through the Ontario Developmental Services Ontario (DSO) to see if they are eligible to receive government-funded adult developmental services through Ministry of Children, Community and Social Services (MCCSS) once they turn 18.

## What is DSO?

DSO is the access point for adult developmental services. DSO connects people to available community services so that they can become actively involved in their communities and live meaningful lives.

## How to apply to the DSO?

There are **nine DSO agencies** across the province. Youth can find their area DSO by visiting [DSOntario.ca](http://DSOntario.ca) or calling **2-1-1**.



CONNECT WITH US!  
[dsontario.ca](http://dsontario.ca)



**DSO**  
Developmental Services Ontario

Some of the services that may be available in their community include housing supports, caregiver respite, supports to help

**DSO**  
Developmental Services Ontario

## Preparing Students with Developmental Disabilities for LIFE AFTER HIGH SCHOOL



# BROCHURES

## YSSN is here to help build connections that support you through your life's journey.

**▶ YSSN's Crisis Services**  
are here for you 24/7 – you are not alone! Our caring team will meet you where you are and walk with you through your crisis.

We connect people and/or families in crisis to the right community resources, supports and services to meet their immediate needs. Get support by telephone, online chat, or text messaging.

"YSSN found me an emergency bed... I was finally safe and had food to eat. Without YSSN helping me that day, I don't know if I would be who I am today. Now I am living a life that I am in charge of."



**▶ YSSN's Access Services**  
are your gateway to community connections. One door leads to an array



As a not-for-profit organization, YSSN supports children and adults with developmental disabilities, mental health needs, and people experiencing crisis.

With direct 24/7 crisis support, access services and service coordination, YSSN provides a streamlined process for people to navigate the right supports for their unique needs, at the right time, across every stage of their lives.

**▶ YSSN's Coordination Services**  
work with you to develop your life goals! From birth into adulthood, our



### Your Support Services Network

YSSN is a hub for Developmental, Mental Health, Crisis, and Children's Services that connects people to the services and supports they need to live their best lives.



**1-866-257-9776**

Tel: 905-898-6455 TTY: 1-866-323-7785

Need help, need hope?

Call our 24/7 Crisis helpline:  
**1-855-310-COPE (2673)**

Thinking about suicide  
or worried about someone else?  
Call the Suicide helpline: **9-8-8**

3 – 240 Edward Street  
Aurora, ON L4G 3S9

Our office is open to the public  
Mon-Fri, 8:30am – 4:30 pm  
Walk-ins are welcome

YSSN.ca



YSSN offers services throughout  
York Region and beyond.

*It's your journey, it's your way.*



CARF has accredited YSSN for its Access Services,  
Coordination Services and Crisis Services.

Charity Reg. #: 108226606R00001

MN002

## YSSN's Access Services are your gateway to community connections!

Our team will work with you to help find you the right programs and services for your journey.

If you have a **child/youth with complex social, emotional, developmental, and or physical needs**, we connect you to available services and supports. We also help families who have a child diagnosed with autism from infancy to age 17.

Contact YSSN's Developmental Services Access at 905-953-8354 or toll-free 1-833-953-8354.



### About YSSN

Your Support Services Network (YSSN) is a not-for-profit organization that connects people, along with their families and caregivers, to the services and supports they need to live their best lives. As a social services hub, we support children and adults with developmental disabilities, mental health needs, and people experiencing crisis.

With direct 24/7 crisis support, access services and service coordination, YSSN provides a streamlined process for people to navigate the right supports for their unique needs, at the right time, across every stage of their lives.

Your Support Services Network  
is here for you.



**1-866-257-9776**

Tel: 905-898-6455 Fax: 905-898-1171  
TTY: 1-866-323-7785

Need help, need hope?  
Call our 24/7 crisis helpline:  
**1-855-310-COPE (2673)**

Thinking about suicide  
or worried about someone else?  
Call the suicide helpline: **9-8-8**

YSSN.ca



YSSN offers services throughout  
York Region and beyond.

*It's your journey, it's your way.*



CARF has accredited YSSN for its Access Services,  
Coordination Services and Crisis Services.

AC001



We are here to help you  
access the right support at  
the right time.

# BROCHURES

## YSSN's Crisis Services are here for you 24 hours a day, 7 days a week, 365 days a year – you are not alone!

Our caring team will meet you where you are and walk with you through your crisis. Get 24/7 support by telephone, online chat or text messaging.



**Our integrated care team** uses a collaborative approach to navigate the crisis with you and link you to available community supports that are right for you and your journey.



**Our Community Crisis Response Service** is standing by to speak with you if you're feeling depressed, distressed, lonely, anxious, scared, angry or are worried that you have nowhere to go.

YSSN is here for you! We provide our services here and they will best support you. There is no fee for our services.



### About YSSN

Your Support Services Network (YSSN) is a not-for-profit organization that connects people, along with their families and caregivers, to the services and supports they need to live their best lives. As a social services hub, we support children and adults with developmental disabilities, mental health needs, and people experiencing crisis.

With direct 24/7 crisis support, access services and service coordination, YSSN provides a streamlined process for people to navigate the right supports for their unique needs, at the right time, across every stage of their lives.

Your Support Services Network is here for you.



In Crisis? Call or Text:  
1-855-310-COPE (2673)  
1-866-323-7785 (TTY)

Live Chat: [yssh.ca/310-cope](https://yssh.ca/310-cope)

24/7 phone support is available in North York, York Region and South Simcoe.

Email: [contact@yssh.ca](mailto:contact@yssh.ca)  
YSSH.ca



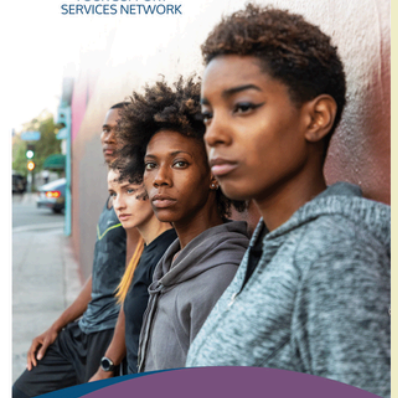
YSSH offers services throughout York Region and beyond.

*It's your journey, it's your way.*



CARF has accredited YSSH for its Access Services, Coordination Services and Crisis Services.

CRO01



Crisis Services

We are here for you 24/7.  
You are not alone.

## YSSN's Coordination Services help people navigate the services and supports they need to live a full and meaningful life.

From birth into adulthood, our team is fully invested in your journey! We work together to connect you to resources, supports and services available in the community.



We support **children, youth and their families** with complex social, emotional, developmental, and/or



We connect **caregivers of children or adults** to the practical and emotional supports they

We help **adults with a developmental disability** create a plan, identify resources and supports they need, and connect them to community partners and programs.



### About YSSN

Your Support Services Network (YSSN) is a not-for-profit organization that connects people, along with their families and caregivers, to the services and supports they need to live their best lives. As a social services hub, we support children and adults with developmental disabilities, mental health needs, and people experiencing crisis.

With direct 24/7 crisis support, access services and service coordination, YSSN provides a streamlined process for people to navigate the right supports for their unique needs, at the right time, across every stage of their lives.

Your Support Services Network is here for you.



1-866-257-9776

Tel: 905-898-6455 Fax: 905-898-1171  
TTY: 1-866-323-7785

Need help, need hope?  
Call our 24/7 crisis helpline:  
1-855-310-COPE (2673)

Thinking about suicide  
or worried about someone else?  
Call the suicide helpline: 9-8-8

YSSH.ca



YSSH offers services throughout York Region and beyond.

*It's your journey, it's your way.*



CARF has accredited YSSH for its Access Services, Coordination Services and Crisis Services.

COR001



Coordination Services

We are here to help  
develop your life goals.

# BANNERS

## Need help coping?

We are here for you  
24/7

Call or text  
1-855-310-COPE (2673)



LEARN MORE



**YSSN**  
YOUR SUPPORT  
SERVICES NETWORK

*It's your journey, it's your way.*

## Need a safe space?

Our Crisis and Safe Beds can give you  
a temporary place to stay along with  
mental health and peer support.

Call or text  
1-855-310-COPE (2673)



LEARN MORE



**YSSN**  
YOUR SUPPORT  
SERVICES NETWORK

*It's your journey, it's your way.*

# BANNERS

## Need support but don't know where to start?

We are here to help you  
access the right support,  
at the right time.

Call **1-866-257-9776**



LEARN MORE



**YSSN**  
YOUR SUPPORT  
SERVICES NETWORK

*It's your journey, it's your way.*

## Need help planning your life goals?

We are here to connect  
you to the services  
and supports you need  
to achieve them.

Call **1-866-257-9776**



LEARN MORE

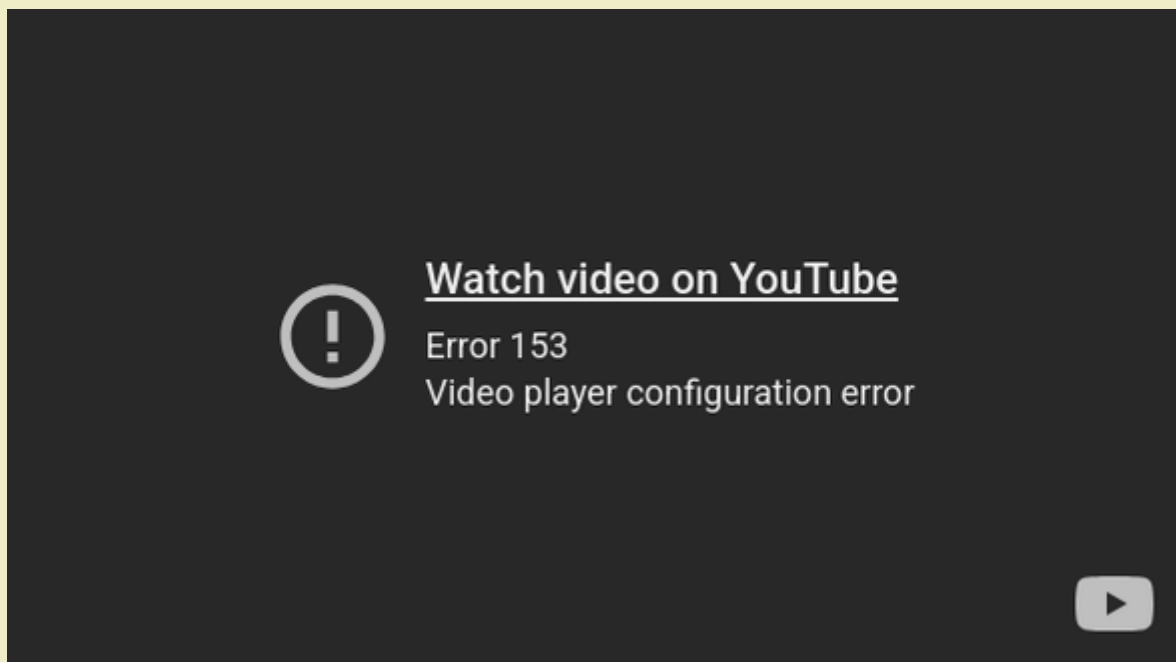
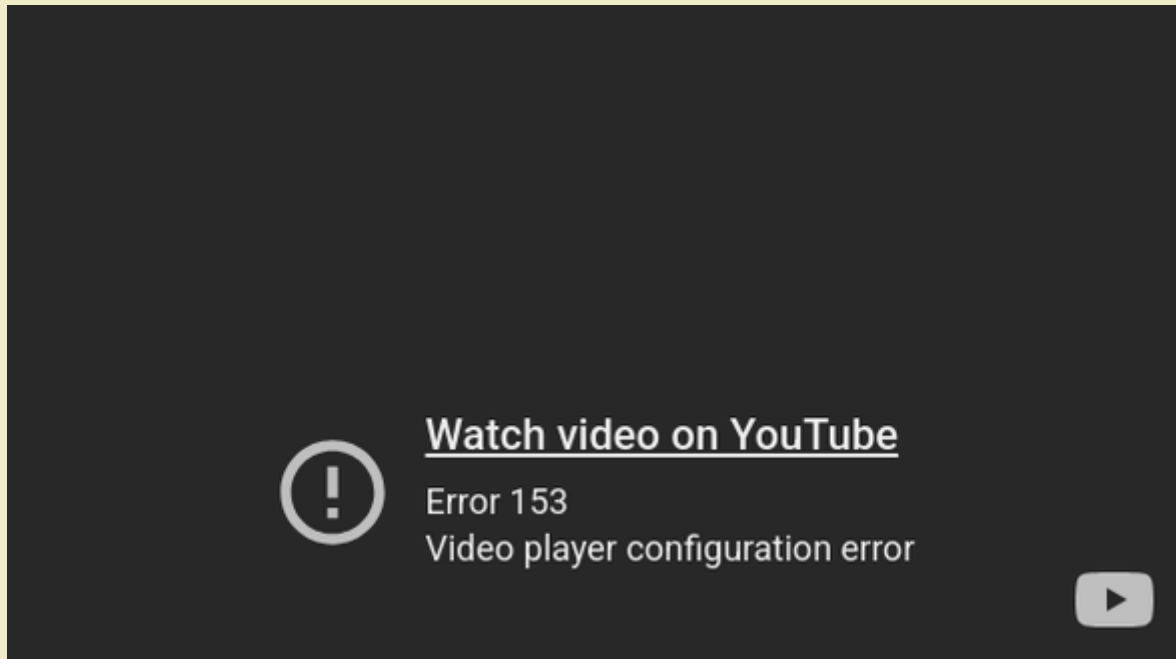


**YSSN**  
YOUR SUPPORT  
SERVICES NETWORK

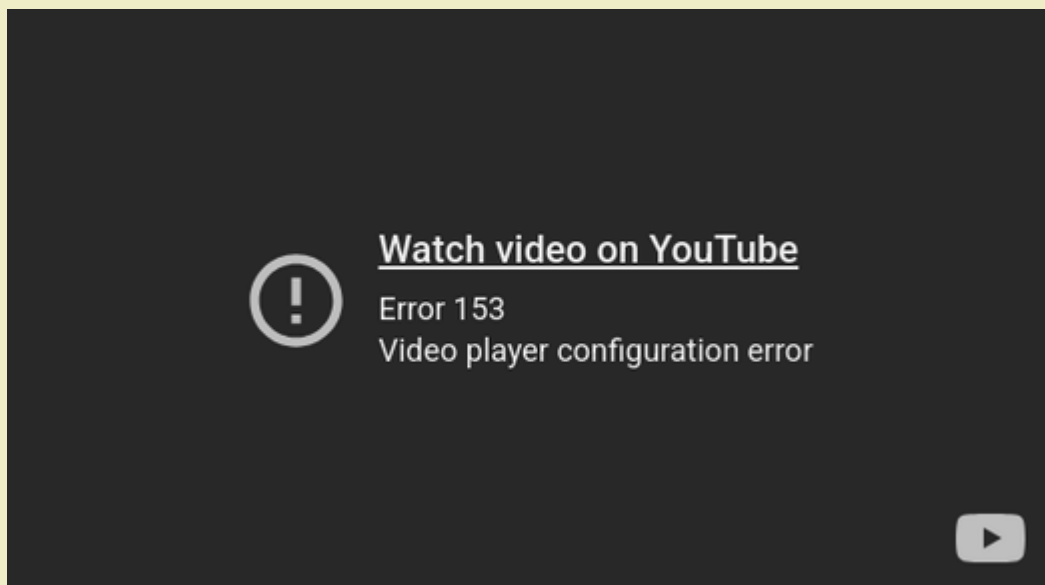
*It's your journey, it's your way.*

# VIDEO DIRECTION

---

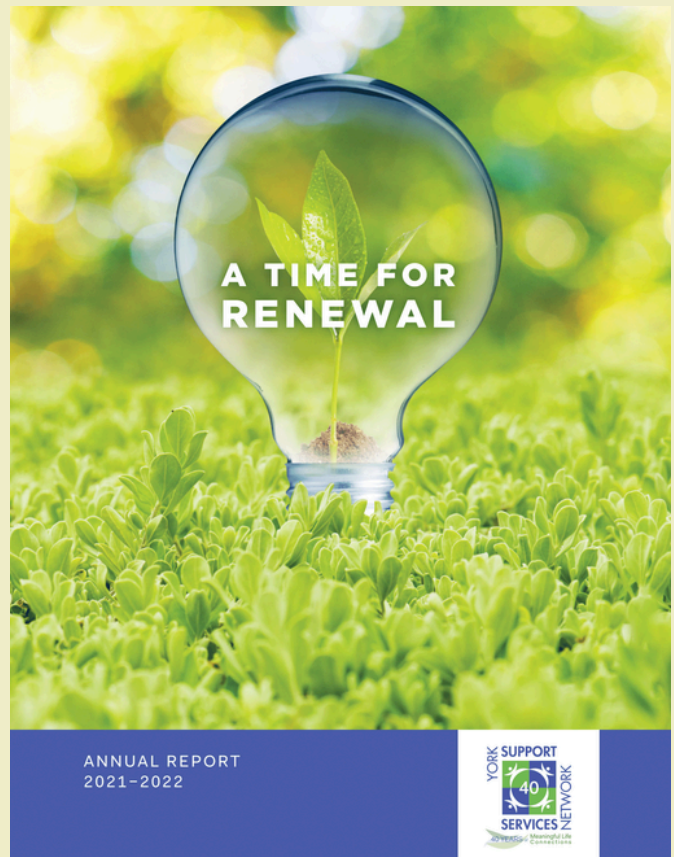


## VIDEO HOSTING



# ANNUAL REPORTS

## Website version



### MESSAGE | Board Chair & Executive Director

Fraught with health concerns, personal hardships, and painful world events, the 2021-2022 fiscal year brought continued challenges for humanity, and as we witnessed closer to home, to the people supported, their families, our communities and for our staff. How we lived, worked, and interacted continued to be fundamentally altered, making our mission to Communicate. Connect. Collaborate an aspirational objective.

In a year that tested us, through the commitment, compassion, and energy of our staff, YSSN stepped forward to support people with significant impact. We communicated, connected, and collaborated with 34,544 people who live with serious mental illness and/or a developmental disability. We helped them develop relationships and connections to their community through our 24/7 crisis support, case management, peer support, and access services. Our aim is to help them, alongside their families and caregivers, achieve their goals and live a fulfilling life.

As we stand poised to celebrate YSSN's 40th anniversary, we are focused on a sense of renewal, while keeping grounded in the principle that people are at the centre of everything we do and connection is our focus. Ultimately, a strong sense of connection is what we hope to accomplish through our work in partnership with people seeking services, their families, our colleague agencies, communities, and our funders.

Thank you for your collaboration in our vision to create a Meaningful Life for All.

Together, we are stronger, making profound differences for people and helping them to live their best life.



*Lois Alderson-Wigelius*  
Lois Alderson-Wigelius  
Board Chair



*Kimberly Thorn*  
Kimberly Thorn  
Executive Director

#### WHO WE ARE

YSSN communicates, connects, and collaborates with people who live with serious mental illness and/or a developmental disability.

We help them, alongside their families and caregivers, develop relationships and connections to their community, which benefits their overall well-being.

Through our 24/7 Crisis support, case management, peer support, and access services, we connect people with the services and supports they need to achieve their goals and live a full and meaningful life.

...

#### OUR VISION

A Meaningful Life for All: Relationships, Community, Well-Being.

...

#### OUR MISSION

Communicate. Connect. Collaborate.

...

#### OUR GUIDING PRINCIPLES

COMPASSION  
ACCOUNTABILITY  
RESILIENCE  
INITIATIVE  
COLLABORATE

### OUR IMPACT | Access to services | Highlights

#### 1. Crisis Response Services

Crisis has averaged an **11% growth rate** in calls and visits over the past 4 years. Through our crisis response services, we served **19,772 people**, up 16% from last year (and up 56% from two years ago), with 30,461 contacts/visits.

We linked **3,414 people** to mental health, addictions, dual diagnosis, and housing supportive services through Streamlined Access. We answered **5,178 inquiries** and received **1,951 referrals**.

#### 2. Safe Beds

YSSN received base funding to operate **four safe beds** in York Region (three in Richmond Hill, one in Newmarket). These beds are available specifically for police and Mobile Crisis Response Teams (MCRT). They will be available to all our police partners. The beds will support individuals who encounter police, who are not appropriate for hospital or jail, but need support. Stays will be up to 30 days. Staff are on-site and will provide 12-hour support, seven days a week. Support will range from crisis intervention, de-escalation and stabilization, support with activities of daily living, connection to resources, and follow-up. This program is set to launch in July 2022.

#### 3. Mental Health Support Team

Our Mental Health Support Team (MHST) crisis workers saw an **increase of 24%** in requests for service. Whether driving through winter blizzards and slippery roads, to risking their own health to work face-to-face throughout a global pandemic, our MHST crisis workers have shown commitment, passion, empathy, and flexibility, each and everyday. They've been working on the frontlines in our communities, responding to calls that have increased in both volume and complexities. The team has truly embodied the spirit of YSSN by being, bold and nimble, thriving and acting on change, and truly taking a lead on ensuring positive outcomes in an adapting and complex ecosystem.

#### 4. Ontario Health Teams

We continue to value our partnerships with various Ontario Health Teams (OHTs), including East York Region North Durham OHT, Western York Region OHT, South Simcoe OHT, and Southlake OHT. We are working with EYRND-OHT to expand Streamlined Access services to primary care physicians.

Since 2007, Streamlined Access has expanded to become the access mechanism to the Assertive

#### ACCESS TO SERVICES | BY THE NUMBERS



**8,686**  
people served  
+ 15% from last year

#### Streamlined Access

- 3,414 people served
- 5,178 contacts/visits
- 1,951 referrals received

#### DSO Central East Region

- 5,272 people served
- 26,007 contacts/visits
- 1,134 applications completed
- 952 intakes completed

# INFOGRAPHICS

