



COPING WITH MENTAL ILLNESS

Family Information & Support Meetings

January – June 2010, Tuesdays, 6:00 – 7:30 pm
Room 1424, Royal Ottawa Mental Health Centre

NB: Though we have arranged the following roster of topics, questions unrelated to these particular subjects are welcome. Please note sessions are offered in English only.

January 5 & 19 and February 2

Cognitive Behaviour Therapy for Psychosis Series (SEE POSTER FOR DETAILS)

February 16 **Getting to the Heart of the Issues.** Join us for a discussion of concerns, stressors, and challenges of your role as primary care givers.

March 2 **Setting Boundaries and Limits.** A discussion of how to establish healthy boundaries in challenging situations. Come to share your experiences and get some practical tips you can use in daily life

March 23 A town-hall meeting with **Dr. Darren Courtney**, Clinical Director of the Youth Inpatient Unit here at the ROMHC. Dr. Courtney welcomes your questions and comments. Please join us!

April 6 **Communication Skills – Where Do We Go From Here?**
A discussion about how to communicate with loved ones, especially when symptoms are present.

April 20 We are joined by a lawyer and an investment advisor from **R.E.A.C.H.** to review matters involving wills, Henson Trusts, Powers of Attorney, guardianships and RDSPs. Please join us for an informative and interesting discussion!

May 4 **Dianne Blackburn, MSW, RSW** joins us to discuss effective strategies for communicating about and responding to addictions issues, including helping to motivate individuals towards positive change.

May 18 **Rev. Kelley Raab** from the Spiritual and Religious Care department at the Royal Ottawa Mental Health Centre will join us this evening to explore spiritual aspects of recovery and healing.

June 1 **Community Housing Fair.** Come to learn about various housing options!

June 15 **Family Members** speak about different kinds of experiences – come learn from their wisdom and share some of yours!

For more information

Siovone Bourgeois, MSW
613.722.6521 ext. 6836

Stephanie Brooks, MSW
613.722.6521 ext. 6871

Virginia Lafond, MSW
613.722.6521 ext. 6610