



## **FAMILY INFORMATION & SUPPORT GROUPS** **2009 - 2010**

*Social workers at the Royal Ottawa Mental Health Centre offer two forms of information and support groups to family and friends of people who have a mental illness. These sessions are free of charge.*

### **EDUCATION SERIES**

The EDUCATION SERIES runs for four consecutive Monday evenings and deals with topics such as symptoms, how to help the person with the illness, assessing for suicidal risk, the *Mental Health Act*, the hospital system, self care, and community resources.

Royal Ottawa Mental Health Centre, room 1200 TIME: 7:00 p.m. - 9:00 p.m.

#### **The Schedule for the Series is as follows:**

Mood Disorders	September 14, 21, 28, October 5/2009
Schizophrenia (room 1143)	October 19, 26, November 2, 9/2009
Anxiety	October 19, 26, November 2, 9/2009
Mood Disorders	January 11, 18, 25, February 1/2010
Anxiety	February 22, March 1, 8, 15/ 2010
Schizophrenia (room 1141)	February 22, March 1, 8, 15/ 2010
Mood Disorders	May 3, 10, 17, 31/ 2010

#### **To register and for further information, please call**

Donna Horner, MSW 722-6521 ext 6421 Amanda Telford, MSW 722-6521 ext 6442

### **COPING WITH MENTAL ILLNESS**

Family and friends who wish to go into the aspects of coping with illness in greater detail meet on the 1st and 3rd Tuesday of the month.

#### **The dates are as follows:**

September 15, 29/2009	January 5, 19/ 2010	April 6, 20/ 2010
October 6, 20/ 2009	February 2, 16/ 2010	May 4, 18/ 2010
November 3, 17/ 2009	March 2, 23/ 2010	June 1, 15/ 2010
December 1, 15/ 2009		

Royal Ottawa Mental Health Centre, room 3350 TIME: 6:00 p.m. - 7:30 p.m.

#### **For further information, please contact:**

Siovone Bourgeois, MSW	722-6521 ext. 6836
Stephanie Brooks, MSW	722-6521 ext. 6871
Emily Deacon, MSW	722-6521 ext. 6774
Virginia Lafond, MSW	722-6521 ext. 6610