

## Caring for Caregivers

theroyal.ca

September to December, 2019, Tuesdays, 6:00 – 7:30 pm

OPEN TO THE PUBLIC  
NO NEED TO PRE-REGISTER

Although we have arranged the following roster of topics, questions unrelated to these subjects are always welcome. Please note these sessions are offered in ENGLISH ONLY.

### FAMILY SUPPORT SESSIONS

- Sept. 17** **Resources to Help Support** with Elise Schipper ED, PLEO. How to support loved ones in getting help when they are ready, including options when the right resources are unavailable or while you're on a waiting list  
room 1425
- Oct. 15** **Harm Reduction** with Christina Broere, RN, Rapid Access Addiction Medicine Clinic. Harm reduction aims to reduce risks associated with substance use not only for the individual but also the family and community. Please join us for an informative presentation on reducing the harms of substance use as well as learn tips for families supporting loved ones engaged in substance use.  
room 1425
- Nov. 19** **Communication & Boundary-Setting** with Brynna Lemmex and Jillian Crabbe. Setting healthy boundaries is no easy task. Most people struggle with knowing how to set boundaries and what's appropriate especially when filled with guilt, worry, and uncertainty. A first step towards setting healthy boundaries is effective communication (what you would like to get out of a situation). Tonight's talk will highlight the importance of establishing and maintaining boundaries as a way to maintain your own self-care. Specific strategies for setting boundaries and examples of how to use them will be discussed.  
room 1425
- Dec. 17** **Self-Care & Coping with the Holidays** with Jillian Crabbe and Brynna Lemmex. The holiday season can often present several challenges for caregivers of a loved one with mental health issues. Join us for an informative evening on how to overcome and cope with these challenges while still maintaining a festive spirit. Join us for some support, coping strategies, and a little holiday cheer to help make the holiday season a little less challenging.  
room 1425

### FAMILY INFORMATION SESSIONS

- Sept. 3** **What your Feedback Told us & the Year Ahead for Family Support** with Juliet Haynes. How do we develop our programming? What is the rationale for the topics we choose? Please join us tonight to see what we learned from your feedback about who attends our groups and what topics seem most important to families... how this information is used to develop our programming as well as an overview of the year ahead  
room 1424
- Oct. 1** **Planning for the Future** with Katrina Anders. Many caregivers express special concerns regarding the future and well-being of their loved one who is living with mental health challenges. Who will care for them? Will they be financially secure? Such questions are valid and will be addressed by Katrina Anders, an attorney who will present on wills, Henson trust, powers of attorney and other matters that one may want to consider when planning for the future.  
room 1424
- Nov. 5** **Bipolar Disorder: Beyond the Fundamentals** with Hayley Masterson. Your loved one has been given a diagnosis of bipolar disorder. Now what? Join us in our discussion on how you and your loved one can adapt to this "new normal".  
room 1424
- Dec. 3** **Emotion Regulation** with Ann-Marie O'Brien. Are you wondering how emotions play a role in our mental health, how we are occasionally more vulnerable to our emotions and how to manage emotions more effectively – please join us this evening to learn skills from a dialectical behavior therapy perspective  
room 1424

These sessions are also available in Pembroke  
via Telemedicine - facilitated by John Phannenhour

Carefor Civic Complex  
425 Cecelia St., Lower Level, Room C, Pembroke

### Questions? Contact:

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