

MOOD FAMILY EDUCATION SERIES

The MOOD FAMILY EDUCATION SERIES runs for four consecutive Thursday evenings.

The Royal, 1145 Carling Avenue, Ottawa

Conference room 1425

TIME: 6:00 - 8:00 PM

Everyone is welcome - no need to pre-register. Please note that these sessions are in English ONLY.

September 6, 2018

Understanding Depression

Join us for an overview of depression, thought processes and coping behaviours often associated with depression, and various ways family members can help.

September 13, 2018

Understanding Bipolar Disorder

Tonight's presentation on bipolar disorder will include identifying early warning signs, managing symptoms, assessing for suicide risk, resources and support options for families.

September 20, 2018

Understanding Anxiety Disorders

Ever wonder, what is the difference between typical worry and anxiety disorders? Families are offered practical tips and coping strategies for supporting someone with anxiety.

September 27, 2018

A client's perspective on recovery

Learn from a client's experience of living with a mood disorder and wrap up with ways families can care for themselves.

For further information please contact one of our social workers at 613.722.6521:

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