

September to December, 2018, Tuesdays, 6:00 – 7:30 pm

The Royal, 1145 Carling Avenue, Ottawa

Everyone is welcome - 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

September 18
room 1425

Got a burning question? Ask it Tonight. We all have questions that need answers. The facilitators of this group will do their best to answer questions you may have pertaining to a variety of topics ranging from information about The Royal, resources in the community, referrals, and mental health challenges in general.

October 16
room 1425

How to Communicate when your loved one is unwell. Communicating with a loved one can be difficult. However, communicating with a loved one who has a mental illness adds another dimension to this already challenging skill especially when your loved one has shut you out, is actively unwell, and/or experiencing psychosis. Let's address these challenges and look at alternative ways of communicating that may inspire more conversation and better relationships.

November 20
room 1425

Boundary-Setting. 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. 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.

December 18
room 1424

Caregiver Lived Experience. You are not alone in the challenges you face as a caregiver or support person of a loved one living with mental health issues. Tonight others will join us to reinforce this message as they share challenges and successes from their own experiences.

FAMILY INFORMATION SESSIONS (available by telemedicine in Pembroke)

October 2
room 1425

Planning for the Future. 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.

November 6
room 1425

Medication Safety. Did you know that your local community pharmacy does far more than dispensing medications? Have you ever wondered what role your pharmacy can play in maintaining your physical and mental health? Please join Justine Manulak, a pharmacist from The Royal, who will answer these questions and so much more. Medication safety tips will be addressed.

December 4
room 1424

Self-Care & Coping with the Holidays. 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.

For further information, please contact **613.722.6521**:

Deborah Mullins, MSW, RSW – ext. 7221
Juliet Haynes MSW, RSW – ext. 7573

Jillian Crabbe, MSW, RSW – ext. 6197