

January to June, 2018, Tuesdays, 6:00 – 7:30 pm

The Royal, 1145 Carling Avenue, Ottawa - room 1425

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.

- January 16** **Communication skills – Where do we go from here?** A discussion about how to communicate with loved ones, especially when symptoms are present.
- February 6** **Boundaries workshop Part I** A two part workshop on how to establish healthy boundaries in challenging situations. Practical tips and strategies you can use in daily life will be explored.
- February 20** **Boundaries workshop Part II** A continuation on establishing and maintain healthy boundaries when you are filled with guilt, worry, and uncertainty. An opportunity to share what works for you and what has not gone according to plan.
- March 6** **Cognitive behavioral therapy (CBT)** Dianne Blackburn, MSW, RSW will discuss how CBT can be used to help you as you support your loved one.
- March 20** **Dialectical Behavioural Therapy (DBT).** Dr. Mercer will provide education and information on DBT for Borderline Personality Disorder (BPD), and Karen Hanna from Family Connections will also present to give family members information on attending a 12 week skills-building workshop to help build better relationships with loved ones with BPD.
- April 3** **Acceptance and Commitment Therapy (ACT).** Hans Degroot, PhD, will explain what ACT is and how it is used to address *Emotional Distress*.
- April 17** **Recreation is medicine** Sara Richardson-Brown, RT, will discuss the importance of recreation in maintaining stable mental health. She will present ideas on how to build recreation into your lives when you are taking care of everyone else.
- May 1** **Trauma–Informed Therapy.** Matthew Kerr PhD, CPsych will discuss the links between trauma and psychosis, including psychosis as trauma, the impact that trauma has on perception and cognition, and providing advocating for trauma-informed care for those with psychosis.
- May 15** **Anxiety.** Dr. Kylie Francis, CPsych, Clinical Psychologist, Mood and Anxiety program. Dr. Francis will provide about general information, education and guidelines about anxiety.
- June 5** **Mental Health Act.** Kelly Kilbreath, MSW, RSW. will speak about the important aspects of the Mental Health Act, including some of the most commonly used processes and forms. She will also address some basics related to *Community Treatment Orders*.
- June 19** **Lived Experiences.** Join us for this hopeful and always inspiration talk from people who have lived experiences with mental illness. They will share their different experiences with mental illness. Come and meet modern day warriors.
- OTN** *To participate in groups via OTN, please contact Juliet Haynes for more information.*

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

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