

## **COPING WITH MENTAL ILLNESS**

### **Family Information & Support Meetings**

**January-June 2012, Tuesdays 6:00- 7:30 PM**  
Room 1420, Royal Ottawa Mental Health Centre

The Family Information and Support Group is for family and friends of individuals with mental illness who wish to go into the aspects of coping with mental illness in greater detail. All are welcome and your family member does not need to be a client of The Royal. While we have arranged the following roster of topics, questions unrelated to these subjects are always welcome. These sessions are offered in English only.

- January 17**                      **Coping when Things Are Breaking Down.** Come and learn tips for crisis management.
- February 7**                      **Coping with Addictions.** Dianne Blackburn, MSW RSW joins us to discuss effective strategies for communicating about and responding to addictions issues, including helping to motivate individuals towards positive change.
- February 21,  
March 6, and  
March 20**                      **Cognitive Behavioural Therapy for Psychosis Series with Virginia Lafond, MSW RSW.** Come learn CBT Basics including techniques found to be helpful in managing symptoms as well as stress. Please note that this series is open to all—first hand consumers, family and friends.
- April 3**                              **Town Hall Meeting: Dr. Alain Labelle, Clinical Director of Schizophrenia Program at the ROMHC.** Dr.Labelle welcomes your questions and comments. Please join us!
- April 17**                            **Housing and Community Resources Fair.** Come to learn about various housing options and how to access services in our community.
- May 1**                                **Spirituality and Recovery.** Reverend Kelley Raab-Mayo, from the Spiritual and Religious Care Department at the Royal Ottawa Mental Health Centre, will join us this evening to explore spiritual aspects of recovery and healing.
- May 15**                              **Communications Skills—Where do we go from here?** A discussion about how to communicate with loved ones—especially when symptoms are present.
- June 5**                                **Tips for Saving for the Future.** We are joined by a lawyer from R.E.A.C.H. to review matters involving wills, Henson Trusts, Powers of Attorney, guardianships and RDSPs. Please join us for an informative and interesting discussion.
- June 19**                              **Family Members.** Family members speak about their experiences. Come learn from their wisdom and share some of yours.

For more information:

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