

Adult Mental Health Family Support Services Calendar

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Coordinator

The Royal

To add your name to the
family caregiver distribution list
please email: juliet.haynes@theroyal.ca

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June 20, 2019

theroyal.ca

Caring for the Caregivers:

Information on Family Support Groups and Services

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Caring for the Caregivers: Information on Family Support Groups and Services

How to Use this Document:

Not sure where to start? Answering these questions may help:

1. Where are you interested in attending a group?

- a) The Royal? Please visit the “Royal section” pg. 2
- b) Ottawa? Please visit the “Ottawa section” pg. 7
- c) Lanark, Leeds and Grenville? Please visit the “Lanark, Leeds and Grenville section” pg. 18
- d) Pembroke & Renfrew County? Please visit the “Pembroke & Renfrew County section” pg. 22
- e) Cornwall, Stormont Dundas & Prescott Russell? Please visit the “Cornwall, Stormont Dundas & Prescott Russell section” pg. 26

2. What are you interested in gaining from a group meeting?

- a) **Interested in learning more about mental illness or a particular topic? Please visit an “information or education section” dependent upon your location. (The Royal pg. 2 or 5; Ottawa pg. 7 or 12; Lanark, Leeds and Grenville pg. 18; Pembroke & Renfrew County pg. 22 or 23; Cornwall, Stormont Dundas & Prescott Russell pg. 27)**
- b) Interested in attending a support group with folks in similar situations to you with trained facilitators? Please visit a “support section” dependent upon your location. (The Royal pg. 2; Ottawa pg. 7; Lanark, Leeds and Grenville pg. 19; Pembroke & Renfrew County pg. 24; Cornwall, Stormont Dundas & Prescott Russell pg. 26)
- c) Interested in gaining support from folks who have been in similar situations to you? Please visit a “family peer support section” dependent upon your location.
- d) Interested in learning more about advocacy? Please visit our Ottawa advocacy section pg. 18
- e) Are you interested in online and call in resources? Please visit pg. 31

Caring for the Caregivers: Information on Family Support Groups and Services

The Royal

The Royal Regional Family Support Program offers many different groups depending on your needs. These groups are organized into: Information (available via Telemedicine at some locations), Support, Education, and Family Peer Support.

Information

Name:	Communication: It's a Family Matter, Conversations at The Royal
Location:	The Royal, 1145 Carling Avenue, Ottawa - Auditorium
Date and Time:	Annually on the third Thurs in February from 7:00-8:30pm
Description:	<p>Annual Conversations Event and Family Group Agency Fair (6:00-7:00)</p> <p>Are you looking for ways to address lack of awareness and support someone in seeking help even when the right resources appear unavailable? You are not alone. These are tough situations many families face. Please join us for this edition of Conversations at The Royal where a panel of experienced caregivers and health care professionals will share the best communication strategies for improving relationships. Acquire ideas and communication techniques for motivating change.</p> <p>Be sure to come early to enjoy refreshments and meet local family support services, including: Bereaved Families of Ontario, Ottawa Division; Hopewell; National Alliance on Mental Illness (NAMI) Family-to-Family Education Programs in Ontario; Ottawa Network for Borderline Personality Disorders (ON-BPD); Parents' Lifelines of Eastern Ontario (PLEO); The OASIS in Kanata; The Royal Family Advisory Council; The Royal Family Support Program with The Royal Foundation.</p> <p>View the video from the Family Matters conversations</p>
Professional or Peer Support/Fees:	Panel presentation/no fee
Contact:	<p>* Registration required for main event; no registration needed to attend agency fair.</p> <p>Sue Walton Community Relations Relations communautaire</p> <p>T. 613.722.6521 ext. 1145, ave. Carling 6349 Ave. F. 613.722.4577 Ottawa, Ontario C. 613.857.9752 Canada K1Z 7K4 sue.walton@theroyal.ca</p>

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Name	Family Information Group
Location:	The Royal, 1145 Carling Avenue, Ottawa , Room 1424 or 1425 (as indicated). Also available via telemedicine in Pembroke located at Care for Civic Complex, 425 Cecilia Street, Lower Level, Room C.
Date and Time:	First Tues of the month 6:00 pm-7:30 pm.
Description:	The information groups feature guest presenters on a variety of topics. The information groups are hosted at The Royal and offered at remote sites via telemedicine. Open to public. No registration required.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Deborah Mullins, MSW, RSW 613.722.6521 ext. 7221 Jillian Crabbe, MSW, RSW 613.722.6521 ext. 6197 Juliet Haynes, MSW, RSW 613.722.6521 ext. 7573

Support

Name	Family Support Group
Location:	The Royal, 1145 Carling Avenue, Ottawa , Room 1424 or 1425 (as indicated)
Date and Time:	Third Tues of the month: 6:00-7:30 pm.
Description:	The support groups are facilitated by social workers for family caregivers supporting an adult who is living with mental health challenges. The support groups are open to public. No registration required.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Deborah Mullins, MSW, RSW 613.722.6521 ext. 7221 Jillian Crabbe, MSW, RSW 613.722.6521 ext. 6197 Juliet Haynes, MSW, RSW 613.722.6521 ext. 7573

Name	The Royal Ottawa ACTT Family and Loved Ones Group
Location:	2121 Carling Ave, Suite 201
Date and Time:	The last Thursday of the month: 6:00-7:00pm January – September. beginning again in September 2019
Description:	This group is open to the family and loved ones of the Catherine street and Bank Street ACTT Teams. A confidential place to learn general information about mental health related issues.
Professional	Professional/no fee

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or Peer Support/Fees:	
Contact:	For more information please contact: Catherine Street ACTT 613.722.6521 ext. 7019 or Bank Street ACTT ext. 7300

Name	Family Support Group FORENSIC FAMILIES
Location:	The Royal, 1145 Carling Avenue, Ottawa, room provided upon registration
Date and Time:	The second Wed of each month 6:00-8:00pm
Description:	Here is an opportunity for caregivers of individuals involved in the forensic mental health system to make meaningful connections with other families while receiving professional support and education in a warm and empathetic environment.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	To register please contact the social workers listed below: Sarah Telford MSW, RSW 613.722.6521 ext. 6148 or sarah.telford@theroyal.ca Jenn Robbins MSW, RSW 613.722.6521 ext. 6776 or jenn.robbins@theroyal.ca Juliet Haynes MSW, RSW 613.722.6521 ext. 7573 or juliet.haynes@theroyal.ca

Name	GERIATRIC PSYCHIATRY Caregiver & Family Support Group
Location:	The Royal, 1145 Carling Avenue, Ottawa , Please present to the Geriatric Program waiting room on the second floor
Date and Time:	The second Thursday of every month, September through June 1:00pm – 2:30pm.
Description:	An opportunity to connect with other families who have experience caring for a loved one with mental health challenges and/or dementias. A safe environment to share your concerns and challenges and receive support from both professionals and peers. A variety of guest speakers will present on topics of interest specific to older adults.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	No pre-registration needed. Please contact the group facilitators for more information: Allison Eadie, MSW, RSW, ext 6581 or allison.eadie@theroyal.ca Deborah Mullins, MSW, RSW 613.722.6521 ext. 7221or deborah.Mullins@theroyal.ca

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Education

Name:	Person and Family Education Group: FORENSIC SERIES
Location:	The Royal, 1145 Carling Avenue, Ottawa, Second Floor, Forensic Boardroom 2568B
Date and Time:	Wednesdays March 13 th , March 20 th , March 27 th , April 3 rd , April 10 th 6:00-8:00 pm
Description:	Receive general information, have opportunities to ask questions, learn about resources and strategies for crisis intervention among other useful tips.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	To register please contact the social workers listed below: Sarah Telford MSW, RSW 613.722.6521 ext. 6148 or sarah.telford@theroyal.ca Jenn Robbins MSW, RSW 613.722.6521 ext. 6776 or jenn.robbs@theroyal.ca Juliet Haynes MSW, RSW 613.722.6521 ext. 7573 or juliet.haynes@theroyal.ca

Name:	Person and Family Education Group: SCHIZOPHRENIA SERIES
Location:	The Royal, 1145 Carling Avenue, Ottawa, Room 1425
Date and Time:	Sessions are offered twice per year usually in April & October.
Description:	Open to public – Everyone Welcome!
Professional or Peer Support/Fees:	Professional/no fee
Contact:	For more information please contact one of our social workers listed below: Sheri Leroux, MSW, RSW 613.722.6521 ext. 6781 Sean O’Keeffe, MSW, RSW 613.722.6521 ext. 7055 Juliet Haynes MSW, RSW 613.722.6521 ext. 7573

Family Peer Support

Name:	Family Wellness Recovery Action Plan (FWRAP)
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Location:	The Royal, 1145 Carling Avenue, Ottawa
Date and Time:	Closed group offered at various times of the year contingent on expressed interest and facilitator availability.
Description:	The FWRAP program explores ways people can support an adult loved one with mental health challenges without losing themselves. It's a free 8-week manualized workshop that takes a practical, self-help approach to care and recovery for all members of the family.
Professional or Peer Support/Fees:	Trained FWRAP facilitators, family caregiver volunteers/no fee
Contact:	To register please contact Juliet Haynes, Regional Family Support Program Coordinator juliet.haynes@theroyal.ca 613.722.6521 ext. 7573

Name:	National Education Alliance for BPD Ottawa Network for Borderline Personality: Family Connections 12-Week Program
Location:	The Royal
Date and Time:	Fall, Winter and Spring sessions usually on Saturday mornings.
Description:	For family caregivers with a loved one with emotion regulation challenges. 12-week manualized workshop where families learn about borderline personality and improve coping skills.
Professional or Peer Support/Fees:	Trained family peer facilitators /Peer-led Membership donation \$10.00/year
Contact:	For Info: intake@on-bpd.ca Link to Ottawa Network for Borderline Personality: Brochure and Family Connections 12-Week Program Application http://on-bpd.ca/en/family-connections Link to free Family Connections video series : http://www.borderlinepersonalitydisorder.com/video-series/

Ottawa Information

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Name:	Fetal Alcohol Spectrum Disorder Group of Ottawa
Location:	Citizen Advocacy 312 Parkdale Ave Ottawa, ON K1Y 4X5
Date and Time:	First Wednesday of the month 7 pm, October-June
Description:	Support and education group on Fetal Alcohol Spectrum Disorder, providing support, information and education for families and professionals on the effect of fetal alcohol on people of all ages and the importance of prevention.
Professional or Peer Support/Fees:	no fee free parking in the evening
Contact:	Elspeth Ross 613-446-4144 rosse@ncf.ca www.fasdottawa.ca

Name:	Living Healthy Champlain
Location:	Various – please check website for details
Date and Time:	Various – please check website for details
Description:	6-week workshop entitled "Living Healthy with Chronic Conditions". It is for anyone with chronic conditions including mental health, diabetes, arthritis, pain, etc. It is also for anyone who supports individuals with chronic health issues. Those who register receive a workbook and Relaxation CD to take home with them.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	https://www.livinghealthyhamplain.ca/register/index.aspx
Name:	The Oasis in Kanata Information Meetings for Caregivers
Location:	Glen Cairn United Church, 140 Abbeyhill Drive, Kanata
Date and Time:	Various Mon. evenings 7:00-8:30 pm See website for more specific details: https://theoasiskanata.ca/
Description:	Throughout the year, several public information sessions are offered to anyone who is a caregiver supporting a loved one with a mental illness and interested in

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	the topic being presented on is invited.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	General Information: info@TheOasisKanata.ca Elise Laviolette Phone: 613.435.1100 Email: OasisManager@TheOasisKanata.ca

Support

Name:	Family Caregiver Support Group
Location:	Ottawa West, near Carlingwood Mall
Date and Time:	Second Wed of every month 1:30-4:00pm, monthly.
Description:	Are you care-giving for a family member or friend with an illness or disability? Do you feel isolated and alone with the responsibility and decision-making you face? When was the last time you thought about your own need for relaxation or time out? Do you know that, unless you take good care of yourself as a caregiver, you are more likely to become seriously ill yourself?
Professional or Peer Support/Fees:	\$20.00 per meeting
Contact:	For more information please visit http://www.ottawacaregiver.com/support-groups-in-ottawa-ontario-for-the-family-caregiver/ or contact social worker, Rita Myres, MSW, RSW r_myres@rogers.com or 613-421-2801

Name:	The Oasis in Kanata - Caregivers Matter Support Group
Location:	Glen Cairn United Church, 140 Abbeyhill Drive, Kanata
Date and Time:	First Mon. of the month 7:00-8:30 pm See website for details: https://theoasiskanata.ca/
Description:	An intimate and confidential free monthly support group, which meets under the leadership of our professional Program Manager, Elise Laviolette, assisted by trained volunteers from our church and the community. The support group offers a safe, confidential, professionally-facilitated environment where caregivers gather to share experiences; provide mutual support; and learn how they can better care for themselves as they care for their loved ones suffering from a mental illness. Preregistration is not required.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	General Information: info@TheOasisKanata.ca

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	Elise Laviolette Phone: 613.435.1100 Email: OasisManager@TheOasisKanata.ca
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Name:	The Oasis in Kanata Caregiver Retreat
Location:	Glen Cairn United Church, 140 Abbeyhill Drive, Kanata
Date and Time:	Please see website for dates: https://theoasiskanata.ca/
Description:	<p>The event offers caregivers the opportunity to learn a new craft (e.g.: jewellery-making); take part in activities such as instruction in meditation, purposeful walking a labyrinth, and Yoga; receive a short, individualized gentle chair massage; and participate in a closing luncheon which provides caregivers a setting in which they may begin to foster mutually supportive relationships outside of our program's offerings.</p> <p>Please see website for details: https://theoasiskanata.ca/</p>
Professional or Peer Support/Fees:	TBD
Contact:	General Information: info@TheOasisKanata.ca Elise Laviolette Phone: 613.435.1100 Email: OasisManager@TheOasisKanata.ca

Name:	Open Hopewell Family & Friends Support Group
Location:	McNabb Community Centre
Date and Time:	Please check the website for the latest information on time, date and location: http://www.hopewell.ca/services/supportgroups
Description:	<p>The Family & Friends Support Group is an opportunity for caregivers of individuals struggling with an eating disorder, to receive support in a warm and empathetic environment. The group offers a safe space where caregivers family and friends can share stories and receive support from other participants who understand and empathize with the challenges they face when providing support to an individual with an eating disorder. This is an open support group that also welcomes drop-in participants.</p> <p>Our last Family and Friends Support Group was hosted by Anchor Psychological Services in Fall 2018. Hopewell received funding to have the Family and Friends Support Group evaluated over the winter. We hope to use the evaluation results to better serve families. The group will be offered again in the Spring of 2019.</p>
Professional or Peer	Please call for more detailed information

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Support/Fees:	
Contact:	Christine McPhail programcoordinator@hopewell.ca info@hopewell.ca or call 613.241.3428. Office hours are Monday thru Friday, 9am-5pm.

Name:	OCISO Outbound Counseling (Community Outreach)
Location:	Various schools, hospitals and community centers
Date and Time:	Please visit website for more details on specific dates and times as they various https://ociso.org/clinical-counselling/
Description:	Counselling services created particularly for refugees and new immigrants (individuals, children, youth and families). Services provided in English, Arabic, Somali and Farisi.)
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Leila Osman Mental Health Out Reach – Clinical Counsellor 613-725-5671 ext.299 losman@ociso.org or visit

Name:	Parent and Caregiver Group
Location:	Family Services Ottawa, 312 Parkdale Avenue,
Date and Time:	Third Tues of the Month: March 17, April 21, May 19, June 16, July 21, August 18, September 15, October 20, November 17, December 15 (ongoing) 6:30 pm – 8:30 pm
Description:	Do you have a child, youth or young adult that is gender creative, gender-diverse, two-spirit, non-binary or transgender? Drop-in group to share support, information and resources.
Professional or Peer Support/Fees:	Free
Contact:	For more information contact Family Services Ottawa 613-725-3601 ext. 105 or lmontroy@familyservicesottawa.org

Name:	Powerful Tools for Caregivers
Location:	Various Locations
Date and	Six week series offered in collaboration with Bruyere Living Healthy Champlain.

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Time:	Please visit the website for more details.
Description:	The Powerful Tools for Caregivers program provides caregivers with tools and strategies to better handle the unique challenges they face; not diagnosis specific or peer support group.
Professional or Peer Support/Fees:	Professionally facilitated by Martha Wiggin, Training & Outreach Facilitator, Chronic Disease Self-Management, Living Healthy Champlain / No fee
Contact:	For more information please visit https://www.livinghealthy Champlain.ca/

Name:	Rideauwood Family Member Program
Location:	312 Parkdale Avenue, Ottawa
Date and Time:	Two evenings each month from 6:00 p.m. to 8:00 p.m. Please call 613.724.4881 for more details.
Description:	This program is for spouses, partners, friends, parents, and adult children of family members or friends with a substance use issue or disorder or anyone else who wants to learn more about chemical dependency and its effects.
Professional or Peer Support/Fees:	Professional/No fee
Contact:	613.724.4881 http://www.rideauwood.org/family-member-program-2/

Name:	Serenity Renewal for Families
Location:	202-2255 St Laurent Blvd., Ottawa
Date and Time:	Please call or visit website for up to date details
Description:	Various evening and weekend workshops related to caregivers. Please visit website to register and for more details http://serenityrenewal.ca/drupal/?q=node/95
Professional or Peer Support/Fees:	Professional /Fee for Service (Sliding Scale Available).
Contact:	613.523.4143 or http://serenityrenewal.ca/drupal/?q=node/95

Name:	The Wabano Centre for Aboriginal Health
Location:	299 Montreal Rd, Ottawa
Date and Time:	Individual counselling and various groups including men's groups, sister in recovery, cultural educational workshops and traditional ceremonies available. Please visit website for more details https://wabano.com/mental-wellness/groups/
Description:	Adult, family and couples counselling.

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Professional or Peer Support/Fees:	Professional/no fee
Contact:	<p>For more information or to schedule an intake for counselling, please contact: Kathleen Harding Intake and Crisis Worker (613) 748-0657 ext. 309 kharding@wabano.com</p> <p>For systems navigation, referrals and advocacy, please contact : Margo Walsh Family Systems Navigator & Mental Wellness Team Lead 613-748-0657 ext.284 mwalsh@wabano.com</p> <p>Verna Stevens Hospital Systems Navigator 613-748-0657 ext.312</p>

Education

Name:	CMHA: Canadian Addiction and Mental Health NAMI: National Alliance on Mental Illness, Family-to-Family Ottawa
Location:	Various locations: 1355 Bank Street, Suite 301, Ottawa; The OASIS in Kanata
Date and Time:	For details please email: F2fontario@bell.net
Description:	12-week manualized workshop (completed in 10 weeks)
Professional or Peer Support/Fees:	Trained Family Peer Volunteers/no fee
Contact:	<p>CMHA Phone: 613.737.7791 Email: cmhaoc@magma.ca https://ottawa.cmha Madeleine Bertrand, NAMI Phone: 613.737.7791 Email: F2fontario@bell.net</p>

Name:	The Oasis in Kanata Education Sessions: One- or two-day workshops and multi-week courses
Location:	Glen Cairn United Church, 140 Abbeyhill Drive, Kanata
Date and Time:	See website for details: https://theoasiskanata.ca/
Description:	Offered by various groups such as the Ottawa Network for Borderline Personality Disorder, the Ottawa Mindfulness Clinic, the Mental Illness Caregivers

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	Association, and the Canadian Mental Health Association, which we host at our church. For these, we require interested individuals to preregister Please see website for details: https://theoasiskanata.ca/
Professional or Peer Support/Fees:	Occasionally a small administration fee, typically in the \$10 range.
Contact:	General Information: info@TheOasisKanata.ca Elise Laviolette Phone: 613.435.1100 Email: OasisManager@TheOasisKanata.ca

Name:	Schizophrenia Society, Ottawa Region
Location:	The Royal, 1145 Carling Ave
Date and Time:	Strengthening Families Together and IDEAS Family Support Group See events calendar on website: https://www.schizophrenia.on.ca/
Description:	See website
Professional or Peer Support/Fees:	Please call for details
Contact:	Sheila Deighton, Regional Coordinator Phone: 613.722.6521 ext. 7775 sdeighton@schizophrenia.on.ca

Family Peer Support

Name:	Bereaved Families of Ontario – Ottawa Division
Location:	Bronson Centre - Room 303, 211 Bronson Avenue, Ottawa (weekly group) 2400 Alta Vista Drive, Lower Hall, St. Timothy's Presbyterian Church (monthly group)
Date and Time:	Weekly: Thurs. Noon to 1:30 pm Monthly: First Tues. of every month, 7:00 pm to 9:00 pm
Description:	Various peer lead groups on a range of topics
Professional or Peer Support/Fees:	Suggested donation: \$10/person; \$20/family
Contact:	Barbara Simpson Phone: 613.567.4278 or Email: office@bfo-ottawa

Group Name:	Family Wellness Recovery Action Plan (FWRAP) Psychiatric Survivors of Ottawa
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Location:	The Bronson Center, 211 Bronson Ave, Ottawa
Date and Time:	For details please call Melissa Yaxley-Stillman 613.567.4379 ext. 115
Description:	The Family WRAP program explores ways people can support a struggling loved one without losing themselves. It's a free 8-week manualized workshop that takes a practical, self-help approach to care and recovery for all members of the family.
Professional or Peer Support/Fees:	Trained Family Peer Facilitators/no fee but registration required
Contact:	Please visit website for more details https://www.pso-ottawa.ca/family-peer-support-groups or contact Melissa Yaxley-Stillman 613.567.4379 ext. 115 MelissaYS@pso-ottawa.ca

Group Name:	Family Peer Support Group Psychiatric Survivors of Ottawa
Location:	211 Bronson Ave Rm.212
Date and Time:	Every Monday 6:30-8:30 pm
Description:	For friends and family of people experiencing mental health challenges. No registration required. These are an ongoing weekly drop in family support groups. The atmosphere is very relaxing, supportive and non-judgmental. Every week we offer various discussion topics such as communication strategies, boundaries, codependency, letting go of control etc.
Professional or Peer Support/Fees:	Peer support facilitators/ no fee
Contact	Please visit website for more details https://www.pso-ottawa.ca/family-peer-support-groups

Name:	National Education Alliance for BPD Ottawa Network for Borderline Personality: Family Connections 12-Week Program
Location:	Various locations
Date and Time:	Offered several times a year usually on Saturdays.
Description:	For family caregivers with a loved one with emotion regulation challenges. 12-week manualized workshop where families learn about borderline personality and improve coping skills.
Professional	Trained family peer facilitators /Peer-led

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or Peer Support/Fees:	Membership donation \$10.00/year
Contact:	For Info: intake@on-bpd.ca Link to Ottawa Network for Borderline Personality: Brochure and Family Connections 12-Week Program Application http://on-bpd.ca/en/family-connections Link to free Family Connections video series : http://www.borderlinepersonalitydisorder.com/video-series/

Name:	OCD Ottawa Family/Supporters' Circle
Location:	Please visit website for more up to date details https://www.ocdottawa.com/meetings/
Date and Time:	1st Wednesday of the month, 7:00 pm – 9:00 pm
Description:	A peer-based group intended to support all family members and supporters of individuals living with OCD. Education and discussion around how best to support someone living with OCD is the main focus, along with coping strategies and self-care for supporters. There are periodic information sessions with professionals and speakers with lived experience. Barb who supports a loved one living with OCD leads this group. Note: Our Youth Group is held at the same time and location, with two separate circles for sharing.
Professional or Peer Support/Fees:	Professional & Peer/No fee/Donations gratefully accepted
Contact:	Please visit website for more details https://www.ocdottawa.com/meetings/ or contact info@ocdottawa.com .

Name:	Orleans Family Support Group – NAMI Family-to-Family Ottawa
Location:	Orleans United Church, 1111 Orleans Blvd. (at Fortune Blvd.)
Date and Time:	Third Thurs. of the month 7:00-8:00 pm* except no meetings July or Dec.
Description:	For adult relatives and friends of people with mental health challenges
Professional or Peer Support/Fees:	Non-profit, volunteer-led, family peer support - no charge, and no pre-registration required
Contact:	For more details please visit website http://www.f2fontario.ca/ottawa.html or contact Madeleine Bertrand Phone: 613.737-7791 Email: f2fontario@bell.net

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Name:	PLEO Parents Lifeline of Eastern Ontario
Location:	Royal Ottawa Mental Health Centre, 1145 Carling Avenue, Room 1424 Parking fees generously covered by The Royal *Please email info@pleo.on.ca before the meeting, to obtain a parking code
Date and Time:	Second Thurs. of every month Time: 18:30 to 20:30
Description:	Mental Health and Addictions Family Support Groups for parents and caregivers of youth and young adults 16-25
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Name:	PLEO Francophone Group
Location:	L'hôpital Montfort, 713, chemin Montréal, Ottawa. Salle 00B180. Passes de stationnement seront distribuées.
Date and Time:	Tout les 4e jeudis de chaque mois. Heure: 18h30 à 20h30
Description:	Groupe francophone pour parents et proches aidants de jeunes adultes (16-25)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Name:	PLEO in collaboration with the Western Ottawa Community Resource Center
Location:	Western Ottawa Community Resource Center 2 MacNeil Court, Boardroom, Kanata
Date and Time:	Second Tues. of the month 6:30-8:30 pm
Description:	Mental Health and Addictions Support Group for Parent and caregivers support group for children youth and young adults up to age 25
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	No registration required PLEO 613.321.3211

Name:	PLEO Barhaven
Location:	South Nepean Satellite Community Health Centre #201—4100 Strandherd Dr., Nepean
Date and	Third Tuesday of every month

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Time:	6:30 to 8:30pm
Description:	Mental Health and Addictions Support Group for Parent and caregivers support group for children youth and young adults up to age 25
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	No registration required PLEO 613.321.3211

Name:	PLEO Rockland
Location:	Clarence Rockland Public Library 1525 du Parc Avenue, Rockland
Date and Time:	3rd Thursday of each month. 5:30 to 7:30pm
Description:	Mental Health and Addictions Support Group for Parent and caregivers support group for children youth and young adults up to age 25
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	No registration required PLEO 613.321.3211

Name:	Recovery Connections, Psychiatric Survivors of Ottawa Family Peer Support Groups Family Peer Support Programs at QCH and Montfort.
Location:	211 Bronson Ave Rm. 215, Ottawa
Date and Time:	Every Mon. 6:30-8:30 pm 211 Bronson Ave Rm. 215, Ottawa
Description:	Various topics See website for details: WWW.PSO-OTTAWA.CA
Professional or Peer Support/Fees:	Professional & Peer Support/no fee
Contact:	Contact Beata Ziolkowski 613.567.4379 ext. 123 Guy St-Jean 613-567-4379 x 116 Queensway Carleton Hospital: 613-721-2000 Extension 3978 for Family Support Hôpital Montfort:

Caring for the Caregivers: Information on Family Support Groups and Services

	613-746-4621 Extension 3535 for Family Support
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Name:	Recovery Academy Family & Friends Skill Building
Location:	TBD & online
Date and Time:	TBD based on interest
Description:	Online and other workshops available for a fee: http://www.recoveryacademy.ca/workshops.php
Professional or Peer Support/Fees:	Family Caregiver Peer Support
Contact:	Catherine Corey To register for workshops: http://www.recoveryacademy.ca/courses.php

Advocacy

Name:	MICA: Mental Illness Caregivers Association
Location:	19 Colonnade Rd PO Box 5065, Ottawa K2G 4V8
Date and Time:	TBD
Description:	Working on various projects to improve access to education and employment, planning for when caregivers are gone, and improving quality of life for caregivers through practical means.
Professional or Peer Support/Fees:	Peer/no fee
Contact:	Paul McIntyre 613.860.7800 Website: MICAOntario.com

Lanark, Leeds and Grenville

Information

Name:	Lanark County Mental Health Educational Events and Speaker Nights
Location:	88 Cornelia St West, Unit A2, Smiths Falls 5 Bates Dr, Unit 14, Carleton Place (Satellite Office)

Caring for the Caregivers: Information on Family Support Groups and Services

Date and Time:	TBD
Description:	Offered on an ad hoc basis Often held at the Lion's Club Hall, 19 Abbott Street South, Smiths Falls. Contact Rick Coldrey 613.257.5915 for details.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Smiths Falls: 613.283.2170 Carleton Place: 613.257.5915 Distress Line: 1.800.465.4442 www.lanarkmentalhealth.com

Support

Name:	Lanark County Mental Health Family and Friends Supporting Those Whom Hoard Group
Location:	88 Cornelia St West, Unit A2, Smiths Falls 5 Bates Dr, Unit 14, Carleton Place (Satellite Office)
Date and Time:	For details please contact Sheri Hatherly below
Description:	A 4-week program developed to assist family and friends to understand the unique and distinct diagnosis of Hoarding. This program was developed to enhance knowledge, provide tips and techniques to support your loved one, understand how to change language to motivate the person whom is hoarding, and an opportunity to share your concerns, frustrations and receive guidance and support.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Contact: Sheri Hatherly shatherly@lanarkmentalhealth.com Smiths Falls: 613.283.2170 Carleton Place: 613.257.5915 Distress Line: 1.800.465.4442 www.lanarkmentalhealth.com

Name:	Lanark, Leeds and Grenville Addictions and Mental Health Serves Brockville, Delta, Gananoque, Kemptville, Lanark, Prescott, Smiths Falls, Carleton Place
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Caring for the Caregivers: Information on Family Support Groups and Services

Location:	25 Front Ave W Unit 1, Brockville
Date and Time:	Every Thursday 16:30-18:00
Description:	LLGAMH offer support services to family or caregivers of those with addictions or mental illness. Help comes in either individual or group format. They strive to ensure that caregivers understand addictions and mental health issues. They work with the caregiver to determine support strategies.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Deena Bell, 613-342-2262 x 5105 belld@llgamh.cabelld@llgamh.ca Toll-Free: 1-866-499-8445 Crisis: 1-866-281-2911 petersb@llgamh.ca

Name:	The Mental Health Support Project — The Link Wellness & Activity Centre Serves Carleton Place, Smiths Falls, Lanark
Location:	88 Cornelia St. W., Unit A4 Smiths Falls
Date and Time:	Please contact for details
Description:	See website for details: http://www.mhsp-links.ca/
Professional or Peer Support/Fees:	Professional and Peer Support/no fee
Contact:	Smiths Falls 613.284.4608 1.877.383.2070 LCMH 613.283.2170 LCMH 613.257.5915

Family Peer Support

Name:	Lanark County Family Peer Support Group
Location:	Unit 110, 130 Lansdowne Ave., Carleton Place (Open Doors for Children and Youth)
Date and Time:	3 rd Thursday of the month 6:30 pm – 8:00 pm
Description:	Please join us for discussions on various topics for family caregivers with loved

Caring for the Caregivers: Information on Family Support Groups and Services

	ones facing mental health challenges. If you are looking for a supportive environment and an opportunity to learn, share common experiences and grow in recovery together, then this is the group for you.
Professional or Peer Support/Fees:	Experienced Family Peer Facilitators/Free Pre-registration not necessary
Contact:	For more information please contact: Linda Camponi camponi@storm.ca Ed McEwen edmcewen@ymail.com Lanark County Mental Health: Carleton Place 613.257.5915 Smith Falls 613-283-2170

Name:	Family Wellness Recovery Action Plan (FWRAP) Lanark County Mental Health/The Royal
Location:	Lanark Community Programs, 30 Bennett St, Carleton Place
Date and Time:	Apr 25 – June 13 6:30-8:30 pm – Please call to register
Description:	The Family WRAP program explores ways people can support an adult loved one living with mental health challenges without losing themselves. It's a free 8-week manualized workshop that takes a practical, self-help approach to care and recovery for all members of the family.
Professional or Peer Support/Fees:	Professionally Trained Family Peer Facilitators/no fee Registration required
Contact:	Please contact: Bill Janes, LCMH bjanes@lanarkmentalhealth.com 613.257.5915 ext. 226

Name:	PLEO Parents Lifeline of Eastern Ontario / Open Doors for Lanark Children and Youth Family Resource Team
Location:	Open Doors for Lanark Children & Youth, 40 Bennett Street, Unit A, Carleton Place
Date and Time:	Third Wed. of every month 6:00-8:00 pm
Description:	Parents/Caregivers of children & youth (0-24)
Professional or Peer	Peer Support/no fee

Caring for the Caregivers: Information on Family Support Groups and Services

Support/Fees:	
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca Open Doors: Carleton Place 613.257.8260 Smiths Falls 613.283.8260 Perth 613.264.1415 Toll Free: 1.877.232.8260

Name:	PLEO - Kemptville
Location:	Kemptville District Hospital—Courtyard Lounge 2675 Concession Rd, Kemptville, ON
Date and Time:	Second Tues. of every month 6:30 to 8:30pm
Description:	Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Name:	Rural FASD Support Network Caregiver Support Group
Location:	Calvary Bible Church 8 Beech St. Smiths Falls, ON.
Date and Time:	Third Saturday of the month beginning Sept. 15, 2018 10:30 am
Description:	
Professional or Peer Support/Fees:	Peer Support/no fee Child care is being provided by Youth Alliance who specializes in providing respite to families with special needs children. With members located in Almonte, Lanark, Perth, Smiths Falls, Merrickville, Brockville, Kemptville, and Winchester
Contact:	Please contact us at ruralfasd@gmail.com or join us on our closed Facebook group @RuralFASDSupportNetwork

Pembroke & Renfrew County

Information

Group Name:	Living Healthy Champlain
Location:	Various – Please check the website
Date and Time:	Various – Please check the website
Description:	6-week workshop entitled "Living Healthy with Chronic Conditions".

Caring for the Caregivers: Information on Family Support Groups and Services

	It is for anyone with chronic conditions including mental health, diabetes, arthritis, pain, etc. It is also for anyone who SUPPORTS individuals with chronic health issues. Those who register receive a workbook and Relaxation CD to take home with them.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Please visit website for more details: https://www.livinghealthyhamplain.ca/register/index.aspx

Education

Group	Mental Health First Aid
Location:	Renfrew County & District Health Unit 7 International Drive, Pembroke
Date and Time:	Please contact for details
Description:	<p>Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.</p> <p>What will I do?</p> <ul style="list-style-type: none"> • Engages confidently where a person may be a danger to themselves or others. • Provides help to prevent the mental health problem from developing into a more serious state. • Promotes the recovery of good mental health. • Provides comfort to a person experiencing a mental health problem.
Professional or Peer Support/Fees:	Professional/Sliding Scale
Contact:	Carolyn Comerford, R.N., B.Sc.N 613.735.8651, ext. 531 ccomerford@rcdhu.com

Group	NAMI: National Alliance on Mental Illness, Family-to- Family
Location:	Location provided upon registration
Date and	Please register for details

Caring for the Caregivers: Information on Family Support Groups and Services

Time:	
Description:	12-week manualized workshop (completed in 10 weeks)
Professional or Peer Support/Fees:	Trained Family Peer Volunteers/no fee * Email or call to register
Contact:	John Phannenhour Mental Health Services Renfrew County 705 Mackay St., Pembroke ON, K8A 1G8 (613) 732-8770 Ext. 8004 Fax: 613-735-8238 Madeleine Bertrand, NAMI Email: F2fontario@bell.net

Support

Name:	North Renfrew Family Services
Location:	located in the Medical Building at the Deep River and District Hospital
Date and Time:	The office is open Monday to Friday from 9 am to 4 pm. *New walk in hours – Every Wednesday 1-6, Last appointment is at 4:30 (The Walk-In Counselling Clinic area of services is all of Renfrew County).
Description:	A non-profit agency providing confidential counseling, advocacy and support to individuals and families of all ages in North Renfrew since 1968. NRFS is a community based and supported service, a member of Family Service Ontario and the Renfrew County United Way.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Call 613-584-3358 to arrange an appointment.

Name:	Pembroke Regional Hospital Mental Health Services
Location:	705 MacKay St, Pembroke
Date and Time:	TBD
Description:	Mental Health Services of Renfrew County provides case management, crisis response, court support, CTO case management, social recreation, geriatric psychiatry, peer initiatives and family information services to SMI clients over the age of 16 in Renfrew County.
Professional or Peer Support/Fees:	Professional/no fee

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Contact:	Contact Information Mon.-Fri. 08:00-16:30 613.732.2811 www.pemreghos.org Cheryl Smith 613.737.8770
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Name:	Robbie Dean Family Counseling Center
Location:	315 Pembroke St E Pembroke
Date and Time:	Mon-Fri 09:00-17:00 Evening groups Evening appointments
Description:	Mental Health support to individuals, couples, families Parent peer support group
Professional or Peer Support/Fees:	Professional
Contact:	Monique Yashinskie, Administrator 613.629.4243 www.rdfcc.ca

Name:	Phoenix Center (more for child and youth than adult mental health, but still a good resource for families) Serves Pembroke, Petawawa, Deep River, Arnprior, Renfrew, Killaloe
Location:	Arnprior: 160 William St, #200 Deep River: 33019 Hwy 17 Pembroke: 130 Pembroke St W Petawawa: 154 Civic Ctr Rd Renfrew: 191 Plaunt St S Killaloe: 15 Lake St
Date and Time:	Walk-in counselling every Tues. 15:00-19:00
Description:	
Professional or Peer Support/Fees:	Professional
Contact:	For more information please contact 613.735.2374 or 1.800.465.1870 or visit: http://www.phoenixpembroke.com/

Family Peer Support

Name:	PLEO Parents Lifelines of Eastern Ontario
Location:	Robbie Dean Centre – 315 Pembroke Street East, Pembroke, ON

Caring for the Caregivers: Information on Family Support Groups and Services

Date and Time:	1st Tuesday of every month, 6:30 to 8:30 pm.
Description:	For Parents/Caregivers of Youth and Young Adults up to age 24
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Name:	PLEO Parents Lifelines of Eastern Ontario
Location:	Addictions Treatment Service – Renfrew Office, 510 Raglan St. N – lower level Renfrew
Date and Time:	Second Wed. of every month, 17:30 to 19:30pm
Description:	For Parents/Caregivers of Youth and Young Adults up to age 24
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Cornwall, Stormont Dundas & Prescott Russell

Support

Name:	Counselling and Support Services of Stormont, Dundas & Glengarry (member of Catholic Family Services Ottawa & United Way)
Location:	26 Montreal Rd, Cornwall
Date and Time:	Walk-in Clinic for individuals, couples and families, Thurs 13:00-20:00
Description:	Call to discuss needs
Professional or Peer Support/Fees:	Professional
Contact:	613.932.4610 http://www.css-sdg.ca/

Name:	Canadian Mental Health Association, Champlain East Serves Hawkesbury, Plantagenet, Alexandria, Casselman, Morrisburg, Rockland
Location:	Main Office is located at: 329 Pitt Street Cornwall, Hawkesbury Office is located at:

Caring for the Caregivers: Information on Family Support Groups and Services

	444 McGill Street Suite 003 Hawkesbury
Date and Time:	TBD
Description:	Offers CMHA Family Support Link to family support program brochure: http://www.cmha-east.on.ca/images/PDFs/2016_Family_Support.pdf
Professional or Peer Support/Fees:	Professional/no fee
Contact:	http://www.cmha-east.on.ca/ Cornwall: 613.933.5845 1.800.493.8271 Hawkesbury: 613.938.0435 Other branch offices: Plantagenet – 613.686.4379 Alexandria – 613.525.4077 Casselman – 613.764.0654 Morrisburg – 613.543.2442 Rockland – 613.446.0537

Name:	Powerful Tools for Caregivers
Location:	Seaway Valley Community Health Centre, Cornwall
Date and Time:	Please check website for various dates and times https://www.livinghealthyhamplain.ca/
Description:	Provides caregivers with tools and strategies to better handle the unique challenges they face; not diagnosis specific or a peer support group.
Professional or Peer Support/Fees:	Professionally trained facilitators/No Fee
Contact:	Contact: Seaway Valley CHC Phone: 613-930-4892 Ext. 229 Register on-line at https://www.livinghealthyhamplain.ca/

Education

Name:	Schizophrenia Society, Ottawa Region (Ottawa, Renfrew, Cornwall) Strengthening Families Coping with Mental Illness in the Family
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Caring for the Caregivers: Information on Family Support Groups and Services

Location:	Community Addiction and Mental Health Services 850 McConnell Ave. Cornwall, Ontario J6H 4M3 613-361-6363 www.cornwallhospital.ca
Date and Time:	TBD
Description:	Provides the knowledge you need to help a loved one with schizophrenia, bipolar, depression, borderline personality disorder or other serious mental illness. You'll learn about: <ul style="list-style-type: none"> ❖ Living with mental illness and coping as a family ❖ Understanding the mental health system ❖ Treatment and recovery options ❖ Mental illness, addictions and the criminal justice system ❖ How to take care of yourself – and much more Downloadable resources available on Schizophrenia Society Website http://www.schizophrenia.ca/strength.php
Professional or Peer Support/Fees:	\$25.00
Contact:	For more Information please call James Joyce 613 527-1201

Family Peer Support

Name:	Cornwall and District Family Support Group (cdfsg4) (member of The Change Foundation)
Location:	Community Addiction and Mental Health Services 850 McConnell Ave. Cornwall, Ontario J6H 4M3 www.cornwallhospital.ca 613.361.6363
Date and Time:	First Mon. of every month at 6:00 pm *except in the case of a holiday Mon and then it will be on the second Monday of the month instead.
Description:	A volunteer group providing Family Support and Education. Provides education and support to family members who have a loved one with mental health challenges. The family group meets one evening a month, maintains a growing library of print and DVD resources, offers an annual multi-week education program (which usually attracts families new to the caregiver role). They also advocate for improved mental health services and greater caregiver engagement and respect from health service providers.

Caring for the Caregivers: Information on Family Support Groups and Services

Professional or Peer Support/Fees:	Peer Support/No Fee
Contact:	For the address of where the meetings are held, please call James Joyce at 613.527.1201 and tell us a bit about your situation. http://www.ListentoFamilies.ca

Name:	Cornwall and District Family Support Group (cdfsg4) (member of The Change Foundation)
NEW Location:	Alexandria
Date and Time:	Second Tuesday of every month
Description:	A volunteer group providing Family Support and Education. Provides education and support to family members who have a loved one with mental health challenges. The family group meets one evening a month, maintains a growing library of print and DVD resources, offers an annual multi-week education program (which usually attracts families new to the caregiver role). They also advocate for improved mental health services and greater caregiver engagement and respect from health service providers.
Professional or Peer Support/Fees:	Peer Support/No Fee
Contact:	For the address of where the meetings are held, please call James Joyce at 613.527.1201 and tell us a bit about your situation. http://www.ListentoFamilies.ca

Name:	Family Connections 12-Week Program National Education Alliance for BPD
Location:	Community Addiction and Mental Health Services 850 McConnell Ave. www.cornwallhospital.ca 613.361.6363
Date and Time:	February 21 to May 6, 2019 (Every Thursday 6:30 - 8:30 p.m.) **Register now**
Description:	A 12 week program designed to provide the adult family members and spouses of individuals with emotion dysregulation or Borderline Personality Disorder with knowledge and skills for their own well-being and for better understanding their loved one.

Caring for the Caregivers: Information on Family Support Groups and Services

Professional or Peer Support/Fees:	Trained facilitators /Peer-led Membership donation \$10.00/year
Contact:	Call Sharyn Duffey for information or to register 613.361.6363 Ext. 4643 Sharyn.Duffey@cornwallhospital.ca
	Link to free Family Connections video series : http://www.borderlinepersonalitydisorder.com/video-series/

Name:	Family Peer Support – Family Wellness Recovery Action Plan (FWRAP)
Location:	Community Addiction and Mental Health Services 850 McConnell Ave. www.cornwallhospital.ca 613.361.6363
Date and Time:	Please contact to register for next session
Description:	8-week family peer support group
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Call Sharyn Duffey for information or to register 613.361.6363 Ext. 4643 Sharyn.Duffey@cornwallhospital.ca

Name:	PLEO Parents Lifeline of Eastern Ontario - Cornwall
Location:	Community Addiction & Mental Health Centre (Conference Centre, Room 6) – 850 McConnell Avenue, Cornwall
Date and Time:	Every 4th Wednesday of the month 6:30 to 8:30pm
Description:	For Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Name:	PLEO Parents Lifeline of Eastern Ontario - Hawkesbury
Location:	Mental Health and Addiction Regional Centre 580 Spence Avenue —room 235, Hawkesbury Parking is free—please sign in at reception
Date and Time:	First Thurs. of each month, 10:00 to 12:00pm

Caring for the Caregivers: Information on Family Support Groups and Services

Description:	For Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Name:	PLEO Parents Lifeline of Eastern Ontario - Embrun
Location:	Valoris 8 Valoris Street, Embrun
Date and Time:	Fourth Tues. of each month, 18:30 to 20:30pm
Description:	For Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	For more information please call 613.321.3211 or e-mail info@pleo.ca

Online and Call Line Caregiver Resources

Name:	Canadian Virtual Hospice
Location:	On-line
Description:	MyGrief.ca helps you to understand and work through your grief. <ul style="list-style-type: none"> •Confidential •Access in the privacy of your own home •Developed by families and grief experts •Stories from people who have "been there" •A resource for professionals
Professional or Peer Support/Fees:	Free online
Contact:	For more information please visit the website: http://www.mygrief.ca/

Name:	Lotsa Helping Hands
Location:	On-line Calendar
Description:	With the Help Calendar, family caregivers can post requests for support - things like meals for the family, rides to medical appointments, or just stopping by to visit. Members of your community can quickly find ways to help, and Lotsa will send

Caring for the Caregivers: Information on Family Support Groups and Services

	reminders and help coordinate logistics automatically so nothing falls through the cracks.
Professional or Peer Support/Fees:	Free online
Contact:	For more information please visit the website: http://lotsahelpinghands.com/

Name:	OnTrack Family and Friends
Location:	On-line Support
Description:	OnTrack Families and Friends is a free online program for people who are supporting someone with a mental illness. In the program, friends or relatives work out how they can help the person, and look after themselves as well. It is especially for family caregivers, but can be used by anyone who is trying to help. This program focuses on practical things to help you work through problems, get closer to people and make life better. It helps you to think about things that are going okay and making these things even better. The program helps you to set goals, make plans, spot early signs and risky situations, strengthen relationships and much more. The program is interactive and will ask you to enter information to help you apply the ideas to your own situations. The program was written by psychologists.
Professional or Peer Support/Fees:	Free online
Contact:	Registration required online (You must be aged 18 years or over to register for the program): For more information please visit the website: https://www.ontrack.org.au/web/ontrack/programs/familiesandfriends

Name:	Operational Stress Injury Social Support – for Canadian Armed Forces, Veterans and their Families
Location:	TBD
Description:	Having an OSI can be difficult. You may avoid family and friends, or stop doing things that you once enjoyed. Your family may also start avoiding the same things as they may adapt their behaviours, moods and routines to yours. You may feel guilt or frustration because you cannot cope with your physical or mental health concerns. Family members often become engrossed when caring for their loved ones with OSI, which could result in family members neglecting their own needs. This may negatively impact you and your family's quality of life.
Professional or Peer Support/Fees:	Free/Family Peer Support

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Support/Fees:	
Contact:	For more information please visit the website: https://www.cfmws.com/en/AboutUs/DCSM/OSISS/Contact/Pages/Central-Provinces.aspx

Name:	Parent-to-Parent Peer Support
Location:	P2P offers 8 conversations of up to one hour each with a parent supporter over a two month period. Your conversations will be by phone and scheduled at times decided between you and your supporter.
Description:	<p>The Parent-To-Parent (P2P) program provides support for parents whose children (regardless of age) are struggling with addiction. Trained parent supporters with lived experience will lend an understanding ear and speak with you about strategies that can help both you and your child.</p> <p>Parent Support Group – Families for Addiction Recovery Families for Addiction Recovery runs a Parent Support Group which provides a safe space where parents can discuss practical strategies, find support, and share resources and information that worked for them.</p>
Professional or Peer Support/Fees:	<p>This group is facilitated by a parent with lived experience, who also holds a B.A. in Psychology and an Addiction Care Worker diploma.</p> <p>All services are free and confidential</p>
Contact:	For more information please call 1-855-377-6677 or visit the website: https://www.farcana.org/services/peer-support/ https://www.farcana.org/family-support/we-can-help/parent-parent-support/

Name:	Recovering Our Families
Location:	On-line Support
Description:	<p>Recovering our Families” introduces families to key recovery principles, leaders, research and resources that are person and family-centered, trauma-informed and strengths based. This interactive, facilitated online class combines emailed lessons with recovery exercises, videos, online resources and a password-protected website with private facilitated group discussions and peer support. The “Recovering Our Families” course was written by and is facilitated by Krista MacKinnon with the help and support of Family Outreach and Response Program in Toronto, Canada and The Foundation For Excellence in Mental Health in Oregon, USA.</p>
Professional or Peer Support/Fees:	Fee for Service
Contact:	http://familieshealingtogether.com/courses/recovering-our-families/

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Name:	Schizophrenia Society of Ontario
Location:	Ask The Expert Call Line and Email
Description:	Ask the Expert (ATE) assists individuals and families living with schizophrenia and psychosis across Ontario through telephone, online and in-person support. ATE is staffed by a team of trained mental health counselors who provide customized, supportive counseling, advice on system navigation and connects clients to local resources and services available throughout the province. All questions and responses are kept private and confidential. Topics: First episode or new diagnosis of schizophrenia/psychosis Persistent, ongoing situations of schizophrenia and related mental illness Justice and mental health Housing Employment/ODSP Early intervention Medications Signs and symptoms of mental illness Advocacy
Professional or Peer Support/Fees:	Free
Contact:	To speak with a mental health counselor, please call 1-855-449-9949 Office hours are Monday to Friday from 9:00 a.m. to 5:00 p.m Or complete application on website: http://www.schizophrenia.on.ca/Programs-Services/Ask-the-Expert

Name:	SMART Recovery for Family and Friends
Location:	On-line Support Meetings and Message Board for Family and Friends
Description:	http://www.smartrecovery.org/resources/Family&FriendsBrochure.pdf
Professional or Peer Support/Fees:	Trained Volunteer Facilitators/Membership fee
Contact:	Registration required: smartrecovery.org/community/register.php Once registered, online meeting: smartrecovery.org/community/123flashchat.php

Alanon Family Groups

For on-line meetings email wso@al-anon.org

For meeting information call 1.888.425.2666

Or visit <http://al-anon.alateen.org>

Or visit <http://al-anon.alateen.on.ca>.

Caring for the Caregivers: Information on Family Support Groups and Services

BC Partners for Mental Health “Here to Help Family Tool Kit”

<http://www.heretohelp.bc.ca/workbook/family-toolkit>

CAMH “A Family Guide to Concurrent Disorders”

https://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/concurrent_disorders/Documents/partnering_families_famguide.pdf

City of Ottawa

<http://ottawa.ca/en/residents/public-health/healthy-living/caregiver-guide>

E-mental Health

<http://primarycare.ementalhealth.ca/Ottawa-Carleton/How-to-Support-a-Friend-or-Family-Member-with-a-Mental-Disorder/index.php?m=article&ID=8911>

<http://primarycare.ementalhealth.ca/Ottawa-Carleton/Waiting-for-Mental-Health-Services-What-Parents-and-Caregivers-Can-Do/index.php?m=article&ID=19719>

Roller Coaster to Recovery

<http://www.f-a-c.ca/>

The LEAP (Listen, Empathize, Agree, Partner) Institute

<http://dramador.com/the-leap-institute/>

<https://www.youtube.com/playlist?list=PL72EA4FADA3E36ECF>

Changing CARE: Embrace Resource Hub

Designed to meet the unique needs of family caregivers in the addiction and mental health system across Cornwall, Stormont, Dundas, Glengarry and Akwesasne, Ontario.

<http://embracecaregivers.com/en/>

The Ontario Caregiver Organization

<https://www.ontariocaregiver.ca/en/index.aspx>

Caregiver Quiz

<https://www.ontariocaregiver.ca/en/find-support/resources/Caregiver-Quiz--The-Ontario-Caregiver-Organization.pdf>

Caring for the Caregivers: Information on Family Support Groups and Services

Respite

Champlain Wide Short Term Respite

613-310-2222

<https://www.champlainhealthline.ca/listServices.aspx?id=10276>

https://www.champlainhealthline.ca/healthlibrary_docs/ShortStayRespiteLocations.pdf

Community Respite through:

Neighbours Helping Neighbours

Ottawa Branch National Association of Federal Retirees – offers a six-hour training program developed by VON Hastings, Northumberland and Prince Edward to help people develop a comfort level to help out in the community.

AGM April 30, 2019 – please check website for details

613.737.2199

www.nafrottawa.com

Upper Reaches Retreat-in-the-City, Ottawa.

Rita Myres, MSW, RSW

Therapy for Life-Transitions

Tel: 613 421-2801

E-Mail: r_myres@rogers.com

Caring for others as a family or professional care provider? Mourning a significant loss? Come away for 1 to 4 nights, with breakfast included. (Available June 2019)

Screening Interview required. No smoking or pets, please.

Books

Language of Letting Go, by Melody Beattie

The author shares her personal experience through daily meditations to provide encouragement on detaching with love, setting boundaries, amongst other topics and reminds us that the best thing we can do is take responsibility for our own self-care.

The Relaxation and Stress Reduction Workbook, by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay

This workbook has a variety of stress reduction strategies that help busy caregivers relax and better manage stress and well-being. Each chapter features a different method, explains why it works, and has exercises you can do to use that method when you feel stressed.