

Caring for Caregivers

Adult Mental Health Resource Guide

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The Royal

To add your name to the
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How to Use this Document:

To use this guide to link you to the best resource for your current situation, please consider whether you are in need of information about a specific topic, education about mental illness or an opportunity to participate in a support group with others in a similar situation. There are a number of groups throughout the region, so we have organized the guide by community.

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. 3
- 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. 25

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. 3 or 6; Ottawa pg. 7 or 13; Lanark, Leeds and Grenville pg. 18; Pembroke & Renfrew County pg. 22 or 23; Cornwall, Stormont Dundas & Prescott Russell pg. 26)**
- b) Interested in attending a support group with people in similar situations to you with trained facilitators? Please visit a “support section” dependent upon your location. (The Royal pg. 4; Ottawa pg. 7; Lanark, Leeds and Grenville pg. 19; Pembroke & Renfrew County pg. 23; Cornwall, Stormont Dundas & Prescott Russell pg. 25)
- c) Interested in gaining support from people 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. 30

The Royal

The Royal offers many different groups depending on your needs. These groups are organized into: Information (available via Telemedicine in Pembroke), 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:	Held Annually 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. 6349 F: 613-722-4577 sue.walton@theroyal.ca</p>

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 Tuesday of the month 6:00-7:30pm
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. Events are free but registration is required.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Jillian Crabbe, MSW, RSW 613-722-6521 ext. 6197 Brynna Lemmex, MSW, RSW 613-722-6521 ext. 6929 Juliet Haynes, MSW, RSW 613-722-6521 ext. 7573 Pembroke site contact: Nancy Warren 613-732-8770 ext. 8004 nancy.warren@pemreghos.org Register at theroyal.ca/events

Support

Name	Family Support Group
Location:	The Royal, 1145 Carling Avenue, Ottawa , Room 1424 or 1425 (as indicated)
Date and Time:	Third Tuesday 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. Events are free but registration is required.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Brynna Lemmex, MSW, RSW 613-722-6521 ext. 6929 Jillian Crabbe, MSW, RSW 613-722-6521 ext. 6197 Juliet Haynes, MSW, RSW 613-722-6521 ext. 7573 Register at theroyal.ca/events

Name	The Royal Ottawa ACTT Family and Loved Ones Group
Location:	2121 Carling Ave, Suite 201
Date and Time:	The last Thursday of alternate month (February, April, June, September, November) from 6:00-7:00pm
Description:	This group is open to the family and loved ones of the Catherine Street and Bank

	Street ACTT Teams and the Stepdown Teams. The meetings are a confidential place to learn general information about mental health related issues. Call to Register for the session.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	For more information and to register please contact: Catherine Street ACTT 613-722-6521 ext. 7019 or Bank Street ACTT 613-722-6521 ext. 7300

Name	Family Support Group FORENSIC FAMILIES
Location:	The Royal, 1145 Carling Avenue, Ottawa, room provided upon registration
Date and Time:	The second Wednesday 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. Attendance is limited to those who have a loved one currently receiving services through the forensic program at The Royal. Registration is required.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	For more information and to register please contact: Sarah Telford MSW, RSW 613-722-6521 ext. 6148 or sarah.telford@theroyal.ca Richard Robins MSW, RSW 613-809-1601 or richard.robins@theroyal.ca

Name	GERIATRIC PSYCHIATRY Caregiver & Family Support Group
Location:	The Royal, 1145 Carling Avenue, Ottawa, present to the Geriatric Program waiting room on the second floor
Date and Time:	The second Thursday of every month, October through May 1:00–2:30pm.
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. No pre-registration needed.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Allison Eadie, MSW, RSW 613-722-6521 ext. 6581 or allison.eadie@theroyal.ca

Education

Name:	Person and Family Education Group: FORENSIC SERIES
Location:	The Royal, 1145 Carling Avenue, Ottawa, Second Floor, Forensic Boardroom 2568B
Date and Time:	Offered Annually in the evenings at 6:30-8:30p.m
Description:	Receive general information, have opportunities to ask questions, learn about resources and strategies for crisis intervention among other useful tips. Registration is required.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	For more information and to register please contact: Sarah Telford MSW, RSW 613-722-6521 ext. 6148 or sarah.telford@theroyal.ca Richard Robins MSW, RSW 613-809-1601 or richard.robins@theroyal.ca

Name:	Person and Family Education Group: SCHIZOPHRENIA SERIES
Location:	The Royal, 1145 Carling Avenue, Ottawa, Room 1425
Date and Time:	Sessions offered twice per year usually in April and October from 6:00-8:00p.m
Description:	Open to public – Everyone Welcome!
Professional or Peer Support/Fees:	Professional/no fee
Contact:	For more information and to register please contact: Sheri Leroux, MSW, RSW 613-722-6521 ext. 6781

Family Peer Support

Name:	FWRAP - Family Wellness Recovery Action Plan
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:	Juliet Haynes, MSW, RSW 613-722-6521 ext. 7573 or juliet.haynes@theroyal.ca

Ottawa

Information

Name:	The Oasis in Kanata Information Meetings for Caregivers
Location:	Glen Cairn United Church, 140 Abbeyhill Drive, Kanata
Date and Time:	Various Monday evenings 7:00-8:30pm
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 the topic being presented.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Phone: 613-435-1100 Email: info@TheOasisKanata.ca Website: www.theoasiskanata.ca/

Support

Name:	Fetal Alcohol Spectrum Disorder Group of Ottawa
Location:	Citizen Advocacy, 312 Parkdale Ave., Ottawa
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 Phone: 613-446-4144 Email: rosse@ncf.ca Website: https://www.champlainhealthline.ca/displayservice.aspx?id=20008

Name:	The Oasis in Kanata - Caregivers Matter Support Group
Location:	Glen Cairn United Church, 140 Abbeyhill Drive, Kanata
Date and Time:	First Monday of the month 7:00-8:30 pm
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:	Phone: 613-435-1100 Email: info@TheOasisKanata.ca Website: www.theoasiskanata.ca/

Name:	The Oasis in Kanata Caregiver Retreat
Location:	Glen Cairn United Church, 140 Abbeyhill Drive, Kanata
Date and Time:	Please see website for information
Description:	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.
Professional or Peer Support/Fees:	TBD
Contact:	Phone: 613-435-1100 Email: info@TheOasisKanata.ca Website: www.theoasiskanata.ca/

Name:	Open Hopewell Family & Friends Support Group
Location:	Provided upon Registration
Date and Time:	Check the website for the latest information on the date and time
Description:	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 caregiver's 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. Please call for more detailed information.
Professional or Peer Support/Fees:	\$50.00 for 8 session
Contact:	Phone: 613-241-3428 ext. 21 Email: programcoordinator@hopewell.ca Website: http://www.hopewell.ca/services/supportgroups

Name:	OCISO Outbound Counseling (Community Outreach) - Mental Health Outreach Program
Location:	Variety of settings
Date and Time:	Please visit website for more information
Description:	Counselling services for refugees and new immigrants (individuals, children, youth and families). Services provided in English, Arabic, Somali and Farsi. Culturally sensitive.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Phone: 613-725-5671 ext. 322 Website: https://ociso.org/clinical-counselling/

Name:	Parent and Caregiver Group - Around the Rainbow
Location:	Family Services Ottawa, 312 Parkdale Avenue, Ottawa
Date and Time:	Third Tuesday of the Month from 6:30-8:30pm
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. No registration required.
Professional or Peer Support/Fees:	Free
Contact:	Phone: 613-725-3601 ext. 105 Email: lmontroy@familyservicesottawa.org Website: www.familyservicesottawa.org

Name:	Powerful Tools for Caregivers
Location:	Various Locations
Date and Time:	Please visit website for more information

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Time:	
Description:	Six-week series offered in collaboration with Bruyere Living Healthy Champlain. Caregivers develop a wealth of self-care tools and strategies to better handle the unique challenges they face; not diagnosis specific or peer support group.
Professional or Peer Support/Fees:	No Fee
Contact:	Phone: 1-877-240-3941 Website: https://www.livinghealthyhamplain.ca/

Name:	Rideauwood Addiction and Family Services - Family Spiral
Location:	Carlingwood Library at 281 Woodroffe ave., Ottawa
Date and Time:	First Two Thursdays of each month
Description:	This program is for family, parents, and support persons to learn about factors of substance use, behavioural addictions and mental health issues that area in play in their lives and how they can reduce their impact. Call to register.
Professional or Peer Support/Fees:	Professional/No fee
Contact:	Phone: 613-724-4881 Website: https://www.rideauwood.org/programs/parents-and-families/

Name:	Serenity Renewal for Families - Parents Forever Group
Location:	202-2255 St. Laurent Blvd., Ottawa
Date and Time:	Tuesday mornings from 10-11:30 am
Description:	The Parents Forever Group is an on-going, professionally facilitated, mutual-support group for parents and family members of addicted children (18 years and up). Along with group sharing, parents can learn tools to improve the quality of their own lives. Participants are not required to register .
Professional or Peer Support/Fees:	Professional/No fee
Contact:	Phone: 613-523-5143 Website: https://www.serenityrenewal.ca/

Name:	The Wabano Centre for Aboriginal Health
Location:	299 Montreal Rd, Ottawa
Date and Time:	Please visit website for more information

Description:	Individual counselling and various groups including men's groups, sister in recovery, cultural educational workshops and traditional ceremonies available. Adult, family and couples counselling.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	For more information Phone: 613-748-0657 ext. 309 Website: https://wabano.com/mental-wellness/groups/ For systems navigation, referrals and advocacy, please contact : Margo Walsh Family Systems Navigator & Mental Wellness Team Lead 613-748-0657 ext. 284 or mwalsh@wabano.com

Education

Name:	CMHA: Canadian Addiction and Mental Health NAMI: National Alliance on Mental Illness, Family-to-Family Ottawa
Location:	Various locations in Ottawa
Date and Time:	For details please see below
Description:	12-week manualized workshop. The NAMI Family-to-Family Education course has been designed and written by an experienced family-member mental health professional. The course follows a set curriculum which balances education and skill training with self-care, emotional support and empowerment. The NAMI Family-to-Family Education course is designed for the family members of people who have been diagnosed with schizophrenia, major depression, bipolar illness, (manic depression), panic disorder or obsessive compulsive disorder (OCD), or who exhibit behaviors that strongly suggest one of these diagnoses. The course is not appropriate for individuals who are themselves suffering from one of these mental illnesses.
Professional or Peer Support/Fees:	Trained Family Peer Volunteers/no fee
Contact:	Madeleine Bertrand, NAMI Email: F2fontario@bell.net Website: http://www.f2fontario.ca/ottawa.html

Name:	Living Healthy Champlain
Location:	Various – please check website for details
Date and Time:	Various – please check website for details

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Description:	6-week workshop entitled "Living Healthy with Chronic Conditions" or "Living A Healthy Life with Chronic Pain". 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. Caregivers may benefit from learning self-management skills to help support others and to take care of themselves. Caregivers may attend even if the care receiver does not. Those who register receive a workbook and Relaxation CD to take home with them.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Phone: 1-877-240-3941 Website: https://www.livinghealthyhamplain.ca/

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:
Description:	Offered by various groups such as the Ottawa Network for Borderline Personality Disorder, the Ottawa Mindfulness Clinic, the Mental Illness Caregivers Association, and the Canadian Mental Health Association. For these, we require interested individuals to preregister
Professional or Peer Support/Fees:	Occasionally a small administration fee, typically in the \$10 range.
Contact:	Phone: 613-435-1100 Email: info@TheOasisKanata.ca Website: https://theoasiskanata.ca/

Name:	Schizophrenia Society, Ottawa Region - Strengthening Families Together
Location:	The Royal, 1145 Carling Ave., Ottawa
Date and Time:	See events calendar on website
Description:	Strengthening Families Together (SFT) is a four-week education and support group for family members and friends of people living with serious mental illness. Each 4-week session is \$50.00/person. Topics presented in group sessions include information about: <ul style="list-style-type: none"> • Schizophrenia and psychosis • Treatment options • Coping as a family • Mental health system and criminal justice system • Advocacy

Professional or Peer Support/Fees:	Professional/no fee
Contact:	Phone: 613-722-6521 ext. 7775 Email: sdeighton@schizophrenia.on.ca Website: https://www.schizophrenia.on.ca/ (double check before print)

Name:	Rideauwood Addiction and Family Services – 6 or 13 Week Group Programs
Location:	312 Parkdale Avenue, Ottawa
Date and Time:	Please visit website for more information
Description:	Looking for more support please call and book through Intake. Intake occurs via phone or group. Two programs available: 6-week ARCK (Awareness, Responding, Coping & Knowledge). This is a 2-hour evening Group (available either on Tues, Wed, and Thursday evenings). It is mainly a psycho-education and a continuation from the Family Spiral. Participants also receive individual counselling while in the Group with their first session typically about a month before the first Group 13-week Program - Also 2-hour evening groups (Tuesday or Wednesday evening) + there is a 4-Day component on week five (9:30-4:00 pm) + individual sessions.
Professional or Peer Support/Fees:	Professional/No fee
Contact:	Phone: 613-724-4881 Website: https://www.rideauwood.org/programs/parents-and-families/

Family Peer Support

Name:	Bereaved Families of Ontario – Ottawa Division
Location:	Various Locations
Date and Time:	Weekly: Thursday 12:00-1:30 pm Bronson Centre Room 303, 211 Bronson Avenue, Ottawa Monthly: First Tuesday of every month, 7:00-9:00pm 22 Barnstone Drive, Nepean
Description:	Peer support refers to help and assistance that is given to you by someone like you. A contemporary – someone who shares a similar set of experiences. In this case, it means someone who is also bereaved. Peers are not professionally trained counsellors or therapists, they are people like you who have experienced a death in their family and are on a similar journey of “learning to live with” their

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	grief. They have become masters of their own grief and they can provide you with information, experiential knowledge and support that is gained through their lived experience of being similarly bereaved.
Professional or Peer Support/Fees:	Suggested donation: \$10/person; \$20/family
Contact:	Phone: 613-567-4278 Email: office@bfo-ottawa.org Website: http://www.bfo-ottawa.org/

Group Name:	Psychiatric Survivors of Ottawa - Family Peer Support Group
Location:	211 Bronson Ave Rm.212, Ottawa
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 they 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	Sean Dillon email: mailto:seand@pso-ottawa.ca Beata Ziolkowski email: mailto:beataz@pso-ottawa.ca Guy St-Jean email: mailto:guys@pso-ottawa.ca Phone: 613-567-4379 Website: www.pso-ottawa.ca/family-peer-support-groups

Group Name:	FWRAP - Family Wellness Recovery Action Plan Psychiatric Survivors of Ottawa
Location:	211 Bronson Ave Rm.212, Ottawa
Date and Time:	For details visit the website
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:	Peer support facilitators/ no fee
Contact	Sean Dillon email: mailto:seand@pso-ottawa.ca Beata Ziolkowski email: mailto:beataz@pso-ottawa.ca Guy St-Jean email: mailto:guys@pso-ottawa.ca Phone: 613-567-4379

Website: www.pso-ottawa.ca/family-wrap

Name:	National Education Alliance for BPD Ottawa Network for Borderline Personality: Family Connections 12-Week Program
Location:	Downtown Ottawa
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:	Email: 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:	For information visit website
Date and Time:	This group is not meeting at this time – check website
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.
Professional or Peer Support/Fees:	Professional & Peer/No fee/Donations gratefully accepted
Contact:	Email: info@ocdottawa.com Website: https://www.ocdottawa.com/meetings/

Name:	Orleans Family Support Group – NAMI Family-to-Family Ottawa
Location:	Orleans United Church, 1111 Orleans Blvd. (at Fortune Blvd.)
Date and Time:	Third Thursday 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:	Email: f2fontario@bell.net Website: http://www.f2fontario.ca/ottawa.html
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Name:	PLEO (Parents Lifeline of Eastern Ontario) - Barrhaven
Location:	South Nepean Satellite Community Health Centre #201—4100 Strandherd Dr., Nepean
Date and Time:	Third Tuesday of every month at 6:30-8:30pm
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:	Phone: 613-321-3211 Email info@pleo.ca Website: www.pleo.on.ca

Name:	PLEO (Parents Lifeline of Eastern Ontario) - Kanata
Location:	Western Ottawa Community Resource Center 2 MacNeil Court, Boardroom, Kanata
Date and Time:	Second Tuesday of the month at 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:	Phone: 613-321-3211 Email info@pleo.ca Website: www.pleo.on.ca

Name:	PLEO (Parents Lifeline of Eastern Ontario) - Orleans
Location:	Orleans Cumberland Community Resource Centre 105-240 Centrum Blvd
Date and Time:	Third Monday of the month at 6:30-8:30pm - Bilingual
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:	Phone: 613-321-3211 Email info@pleo.ca Website: www.pleo.on.ca

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Name:	PLEO (Parents Lifeline of Eastern Ontario) - Ottawa
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 Thursday of every month at 6:30–8:30p.m
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:	Phone: 613-321-3211 Email info@pleo.ca Website: www.pleo.on.ca

Name:	PLEO (Parents Lifeline of Eastern Ontario) - Rockland
Location:	860 Caron Street, Rockland
Date and Time:	2 nd and 4 th Tuesday of the month at 9:00-2:00p.m
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:	Phone: 613-321-3211 Email info@pleo.ca Website: www.pleo.on.ca

Name:	Psychiatric Survivors of Ottawa - Family Peer Support Groups
Location:	Offered at Civic, Montfort and or QCH
Date and Time:	Call for Details
Description:	For friends and family of people experiencing mental health challenges. No registration required. These are ongoing weekly drop in family support groups. The atmosphere is very relaxing, supportive and non-judgmental. Every week they offer various discussion topics such as communication strategies, boundaries, codependency, letting go of control etc.
Professional or Peer Support/Fees:	Professional & Peer Support/no fee
Contact:	Sean Dillon email: seand@pso-ottawa.ca Beata Ziolkowski email: beataz@pso-ottawa.ca

Guy St-Jean email: guys@pso-ottawa.ca Phone: 613-567-4379 Website: www.pso-ottawa.ca/

Advocacy

Name:	MICA: Mental Illness Caregivers Association
Location:	19 Colonnade Rd PO Box 5065, Ottawa K2G 4V8
Date and Time:	TBD
Description:	MICA is committed to assisting caregivers and their members manage the effects of serious and persistent mental illness and/or addictions through education, guidance and support including how to navigate the mental health and/or addiction systems.
Professional or Peer Support/Fees:	Peer/no fee
Contact:	Phone: 613-860-7800 Email: mailto:info@MICAontario.com Website: MICAOntario.com

Lanark, Leeds and Grenville

Information

Name:	Lanark County Mental Health Family and Friends Supporting Those Whom Hoard Group
Location:	179 Elmsley Street N, #142 Smiths Falls 5 Bates Dr, Unit 14, Carleton Place (Satellite Office)
Date and Time:	For details please contact the centre
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:	Email: shatherly@lanarkmentalhealth.com Smiths Falls: 613-283-2170 ext. 230 Carleton Place: 613-257-5915 Website: http://www.lanarkmentalhealth.com
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Support

Name:	Lanark, Leeds and Grenville Addictions and Mental Health (LLGAMH) Serves Brockville, Delta, Gananoque, Kemptville, Lanark, Prescott, Smiths Falls, Carleton Place
Location:	25 Front Ave W. Unit 1, Brockville and Smith Falls
Date and Time:	Every Thursday 4:30-6:00pm
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. Call for information and referral.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Phone: 613-342-2262 ext. 5105 Email: belld@llgamh.ca Toll-Free: 1-866-499-8445 Website: llgamh.ca

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 6:30-8:00pm
Description:	Please join us for discussions on various topics for family caregivers with loved 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

	<p>Ed McEwen: edmcewen@gmail.com</p> <p>Lanark County Mental Health: Carleton Place 613-257-5955</p>
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Name:	FWRAP - Family Wellness Recovery Action Plan Lanark County Mental Health/The Royal
Location:	145 Hooper Street, Unit 2, Carleton Place
Date and Time:	Once a year
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. Call to register.
Professional or Peer Support/Fees:	Professionally Trained Family Peer Facilitators/no fee
Contact:	Phone: 613-257-5955 Bill Janes: bjanes@lanarkmentalhealth.com

Name:	PLEO (Parents Lifeline of Eastern Ontario) - Carleton Place
Location:	130 Lansdowne Avenue, Unit 10, Carleton Place
Date and Time:	Open Doors - Every Wednesday from 9:30- 4:30 pm - Bilingual
Description:	Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email: info@pleo.ca Website: www.pleo.on.ca Toll Free: 1-855-775-7005

Name:	PLEO (Parents Lifeline of Eastern Ontario) - Kemptville
Location:	Kemptville District Hospital—Courtyard Lounge 2675 Concession Rd, Kemptville
Date and Time:	Second Tuesday of every month 6:30-8:30pm
Description:	Parents/Caregivers of children & youth (0-24)/ parking pass provided
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211

Caring for Caregivers: Family Groups and Services

	Email: info@pleo.ca Website: www.pleo.on.ca Toll Free: 1-855-775-7005
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Name:	PLEO (Parents Lifeline of Eastern Ontario) – Perth
Location:	40 Sunset Blvd, Unit 23, Perth
Date and Time:	Open Doors – Alternative Tuesdays from 8:30-4:30pm - Bilingual
Description:	Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email: info@pleo.ca Website: www.pleo.on.ca Toll Free: 1-855-775-7005

Name:	PLEO (Parents Lifeline of Eastern Ontario) – Smith Falls
Location:	88 Cornelia Street West, Unit A1, Smith Falls
Date and Time:	Open Doors – Alternative Mondays from 1:00-8:00pm - Bilingual
Description:	Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email: info@pleo.ca Website: www.pleo.on.ca Toll Free: 1-855-775-7005

Name:	Rural FASD Support Network Caregiver Support Group
Location:	Calvary Bible Church, 8 Beech St., Smiths Falls
Date and Time:	Third Saturday of the month beginning 10:30 am
Description:	
Professional or Peer Support/Fees:	Peer Support/no fee Childcare 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:	Email: ruralfasd@gmail.com or join us on our closed Facebook group @RuralFASDSupportNetwork

Pembroke & Renfrew County

Information

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" or "Living A Healthy Life with Chronic Pain". 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. Caregivers may benefit from learning self-management skills to help support others and to take care of themselves. Caregivers may attend even if the care receiver does not. Those who register receive a workbook and Relaxation CD to take home with them.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Phone: 1-877-240-3941 Website: https://www.livinghealthyhamplain.ca/

Education

Name:	NAMI: National Alliance on Mental Illness, Family-to-Family Ottawa
Location:	Location provided upon registration
Date and Time:	For details please see below
Description:	12-week manualized workshop. The NAMI Family-to-Family Education course has been designed and written by an experienced family-member mental health professional. The course follows a set curriculum which balances education and skill training with self-care, emotional support and empowerment. The NAMI Family-to-Family Education course is designed for the family members of people who have been diagnosed with schizophrenia, major depression, bipolar illness, (manic depression), panic disorder or obsessive compulsive disorder (OCD), or who exhibit behaviors that strongly suggest one of these diagnoses. The course is not appropriate for individuals who are themselves suffering from one of these mental illnesses.
Professional or Peer Support/Fees:	Trained Family Peer Volunteers/no fee
Contact:	Madeleine Bertrand, NAMI

Email: F2fontario@bell.net Website: http://www.f2fontario.ca/ottawa.html

Support

Name:	North Renfrew Family Services
Location:	Located in the Medical Building at the Deep River and District Hospital
Date and Time:	Office open Monday to Friday 9:00-4:00 pm
Description:	A non-profit agency providing confidential counselling, advocacy and support to individuals and families of all ages in North Renfrew.
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Phone: 613-584-3358

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
Contact:	Phone : 613-732-8770 or 1-800-991-7711 Website: www.pemreghos.org

Name:	Robbie Dean Family Counseling Center
Location:	315 Pembroke St E or 291 Plaunt St S Renfrew
Date and Time:	Monday through Friday from 9:00-5:00pm Evening groups / Evening appointments
Description:	Mental Health support to individuals, couples, families. Parent Peer Support Groups - This group is held the first Tuesday of every month from 6:30-8:30 pm. No registration required.
Professional or Peer Support/Fees:	Professional or Peer Support

Contact:	Phone: 613-629-4243 Email: mailto:info@rdfcc.ca Website: https://www.robbedeancentre.com/
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Name:	Phoenix Center
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 offered at all locations see website.
Description:	More for child and youth than adult mental health, but still a good resource for families. Serves Pembroke, Petawawa, Deep River, Arnprior, Renfrew, Killaloe
Professional or Peer Support/Fees:	Professional
Contact:	Phone: 613-735-2374 or 1-800-465-1870 Website: http://www.phoenixpembroke.com/

Family Peer Support

Name:	PLEO (Parents Lifeline of Eastern Ontario)- Pembroke
Location:	Robbie Dean Centre – 315 Pembroke Street East, Pembroke
Date and Time:	1st Tuesday of every month 6:30-8:30 pm
Description:	For Parents/Caregivers of Youth and Young Adults up to age 24
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email: info@pleo.ca Website: www.pleo.on.ca Toll Free: 1-855-775-7005

Name:	PLEO (Parents Lifeline of Eastern Ontario)- Renfrew
Location:	Addictions Treatment Service – Renfrew Office, 510 Raglan St. N. – lower level Renfrew
Date and Time:	Second Wednesday of every month 5:30-7:30pm

Description:	For Parents/Caregivers of Youth and Young Adults up to age 24
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email: info@pleo.ca Website: www.pleo.on.ca Toll Free: 1-855-775-7005

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, Thursday 1-8:00 pm (last session at 6:30 pm)
Description:	Call to discuss needs
Professional or Peer Support/Fees:	Professional
Contact:	Phone: 613-932-4610 Website: http://www.css-sdg.ca/

Name:	Canadian Mental Health Association, Champlain East Serves Hawkesbury, Plantagenet, Alexandria, Casselman, Morrisburg, Rockland
Location:	329 Pitt Street Cornwall 444 McGill Street Suite 003 Hawkesbury
Date and Time:	See Website for additional details
Description:	Offers CMHA Family Support Link to family support program brochure: https://www.cmha-east.on.ca/files/2016%20Family%20Support.pdf
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Website: http://www.cmha-east.on.ca/ Phone Cornwall: 613-933-5845 or 1-800-493-8271 Phone Hawkesbury: 613-938-0435

	<p>Other branch offices: Plantagenet – 613-686-4379 Alexandria – 613-525-4077 Casselman – 613-764-0654 Morrisburg – 613-543-2442 Rockland – 613-446-0537</p>
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Name:	Powerful Tools for Caregivers
Location:	Seaway Valley Community Health Centre, Cornwall
Date and Time:	Please check website for various dates and times
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:	Phone: 1-877-240-3941 Website: https://www.livinghealthyhamplain.ca/

Education

Name:	Schizophrenia Society - Cornwall Strengthening Families Coping with Mental Illness in the Family
Location:	Community Addiction and Mental Health Services 850 McConnell Ave., Cornwall
Date and Time:	TBD
Description:	<p>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:</p> <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 <p>Downloadable resources available on Schizophrenia Society Website http://www.schizophrenia.ca/strength.php</p>
Professional or Peer Support/Fees:	\$25.00
Contact:	Phone: 613-361-6363

	Website: www.cornwallhospital.ca Otherwise Schizophrenia Society of Ontario Phone: 1-800-449-6367 Email: sso@schizophrenia.on.ca
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Family Peer Support

Name:	Cornwall and District Family Support Group (cdfsg4) (member of The Change Foundation)
Location:	Downtown Cornwall
Date and Time:	First Monday of every month at 6:00 pm *except in the case of a holiday Monday 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.
Professional or Peer Support/Fees:	Peer Support/No Fee
Contact:	Phone: 613-527-1201 Website: 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

Support/Fees:	
Contact:	Phone: 613-527-1201 Website: 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., Cornwall
Date and Time:	TBD
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. Registration required.
Professional or Peer Support/Fees:	Trained facilitators /Peer-led Membership donation \$10.00/year
Contact:	Call Sharyn Duffey for information or to register Phone: 613-361-6363 Ext. 4643 Email: Sharyn.Duffey@cornwallhospital.ca Website: www.cornwallhospital.ca Link to free Family Connections video series: http://www.borderlinepersonalitydisorder.com/video-series/

Name:	(FWRAP) Family Wellness Recovery Action Plan- Family Peer Support
Location:	Community Addiction and Mental Health Services 850 McConnell Ave., Cornwall
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:	For information or to register: Phone: 613-361-6363 ext. 4643 Email: Sharyn.Duffey@cornwallhospital.ca Website: www.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 6:30-8:30pm / Parking Passes Provided

Caring for Caregivers: Family Groups and Services

Time:	
Description:	For Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email: mailto:info@pleo.ca Toll Free: 1-855-775-7005

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 Thursday of each month at 10:00-12:00pm
Description:	For Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email: mailto:info@pleo.ca Toll Free: 1-855-775-7005

Name:	PLEO Parents Lifeline of Eastern Ontario - Embrun
Location:	Valoris 8 Valoris Street, Embrun
Date and Time:	Fourth Tuesday of each month at 6:30-8:30pm -Bilingual
Description:	For Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	Phone: 613-321-3211 Email mailto:info@pleo.ca Toll Free: 1-855-775-7005

Online Support for Caregiver

Name:	Alanon Family Groups
Location:	On-line Support Meetings
Description:	For information visit website and registration required
Professional or Peer Support/Fees:	Trained Volunteer Facilitators/Membership fee

Support/Fees:	
Contact:	For on-line meetings email wso@al-anon.org Phone: 1-888-425-2666 Or visit http://al-anon.alateen.org Or visit http://al-anon.alateen.on.ca .

Name:	CAMH – Mental Health 101
Location:	On-line
Description:	It all starts with knowledge. Use this series of free online tutorials as a starting point for learning about mental health.
Professional or Peer Support/Fees:	Trained Volunteer Facilitators/Membership fee
Contact:	Website: http://www.camh.ca/en/health-info/mental-health-101

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:	Living Healthy Champlain
Location:	Various – please check website for details
Date and Time:	Various – please check website for details
Description:	The online self-management program is for individuals across Ontario who are living with one or more chronic conditions such as diabetes, arthritis, respiratory disease, kidney disease, chronic pain, cancer, or any type of long-term physical or mental health issue. Family, friends, and caregivers of someone who has a chronic condition are also welcome. Individuals looking to improve their overall health literacy will also greatly benefit from our online programs.
Professional or Peer	Professional/no fee

Support/Fees:	
Contact:	Phone: 1-844-301-6389 Website: https://www.livinghealthyhamplain.ca/

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
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
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Location:	By Phone
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>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.</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:	<p>For more information: Phone: 1-855-377-6677 Website: https://www.farcanada.org/family-support/we-can-help/parent-parent-support/</p>

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.</p> <p>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:	Website: http://familieshealingtogether.com/courses/recovering-our-families/

Name:	Schizophrenia Society of Ontario
Location:	Ask The Expert Call Line and Email
Description:	<p>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</p>

	<p>questions and responses are kept private and confidential.</p> <p>Topics:</p> <ul style="list-style-type: none"> 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 / 24 hours response time
Contact:	<p>Phone: 1-855-449-9949</p> <p>Website: https://www.schizophrenia.on.ca/Get-Help/Services/Families</p>

Name:	SMART Recovery for Family and Friends
Location:	On-line Support Meetings and Message Board for Family and Friends
Description:	For information visit website and registration required
Professional or Peer Support/Fees:	Trained Volunteer Facilitators/Membership fee
Contact:	Website: http://www.smartrecovery.org/

Online Resources for Caregiver

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/health-info/mental-illness-and-addiction-index/concurrent-disorders>

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/>

City of Ottawa – Public Health

<https://theoasiskanata.files.wordpress.com/2017/12/mental-health-caregiver-guide.pdf>

E-Mental Health - Looking for information about mental health, and where to find help? eMentalHealth.ca is website that provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year

See the following articles:

<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>

Famcarenow - is a mobile app designed by family caregivers for family caregivers based on collective experiences

<https://famcarenow.tech/>

The Family Guide to Mental Health Recovery

<http://www.familyguidetomentalhealth.com/>

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

<https://lfrp.org/about-leap>

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

The Ontario Caregiver Organization

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

The Ontario Caregiver Helpline 24/7

Phone: 1-833-416-2273

Psychiatric Survivors of Ottawa - Family Support Newsletter

<https://www.pso-ottawa.ca/>

The National Eating Disorder Association - Parent Tool Kit

<https://www.nationaleatingdisorders.org/parent-toolkit>

Supporting a family member with schizophrenia - Tools and resources that help people with schizophrenia and their families develop customized strategies that support an independent and fulfilling life in the community

<https://www.porticonetwork.ca/web/schizophrenia-family-strategies/resources/the-manual>

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

Phone: 613-737-2199

www.nafrottawa.com

Books

Back to Life, Back to Normality - by Douglas Turkington and Helen M. Spencer

(Nov 29, 2018)

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.

(June 1, 1990)

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.

(June 1, 1995)

From Rollercoaster to Recovery

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

Surviving Schizophrenia – by E. Fuller Torrey

(March 28, 2006)

Recovering My Kid – by Joseph Lee

(October 31, 2012)