

## Champlain LHIN Adult Mental Health Family Support Services

### Ottawa Adult Mental Health Family Support Services

<b>Support Group Name:</b>	<b>Family Information Support Groups</b>
Location:	The Royal, 1145 Carling Avenue, Ottawa , Room 1425
Date and Time:	January to June, 2017 – Tues. 18:00-19:30
Description:	<a href="http://www.theroyal.ca/mental-health-centre/patients-and-families/family-information-and-support-groups/">http://www.theroyal.ca/mental-health-centre/patients-and-families/family-information-and-support-groups/</a> Open to public – not limited to clients and families of The Royal
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

<b>Support Group Name:</b>	<b>Family Education Groups</b>
Location:	The Royal, 1145 Carling Avenue, Ottawa, Room 1200
Date and Time:	Select Mon. 18:30-20:30. May 1, 8, 15, 2017
Description:	Mood Disorders Series <a href="http://www.theroyal.ca/mental-health-centre/patients-and-families/family-information-and-support-groups/">http://www.theroyal.ca/mental-health-centre/patients-and-families/family-information-and-support-groups/</a> Open to public – not limited to clients and families of The Royal
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Donna Horner, MSW, RSW 613.722.6521 ext. 6421 James McDonell, MSW, RSW 613.722.6521 ext. 7005

<b>Support Group Name:</b>	<b>Bereaved Families of Ontario</b>
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 13:30 pm Monthly: First Tues. of every month, 19:00 pm to 21:00 pm
Description:	Peer lead; facilitators trained by professionals. Interested people who have suffered the pain of death and loss are trained by professionals to facilitate small discussion groups and provide one-to-one support.
Professional or Peer Support/Fees:	Suggested donation: \$10/person; \$20/family
Contact:	Barbara Simpson Phone: 613.567.4278 or Email: <a href="mailto:office@bfo-ottawa">office@bfo-ottawa</a>

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<b>Support Group Name:</b>	<b>CMHA: Canadian Addiction and Mental Health</b> <b>NAMI: National Alliance on Mental Illness, Family-to- Family Education</b>	
Location:	1355 Bank Street, Suite 301 Ottawa	
Date and Time:	TBD	
Description:	12-week manualized workshop	
Professional or Peer Support/Fees:	Trained family volunteers/no fee	
Contact:	CMHA Phone: 613.737.7791 Email: <a href="mailto:cmhaoc@magma.ca">cmhaoc@magma.ca</a> <a href="https://ottawa.cmha">https://ottawa.cmha</a> Madeleine Bertrand, NAMI Phone: 613.737.7791 Email: F2fontario.ca	

<b>Support Group Name:</b>	<b>Hopewell Family &amp; Friends Support Workshops</b>	
Location:	Held at the offices of Anchor Psychological Services, 1308 Wellington Street West, Ottawa	
Date and Time:	TBD	
Description:	The Family & Friends Support Workshop is an opportunity for caregivers of individuals struggling with an eating disorder, to receive information and support in a warm and empathic environment. Group facilitators spend part of each group providing education and skills practice, but considerable emphasis is placed on open discussion and peer support. This group is rooted in an approach known as Emotion Focused Family Therapy, and aims to help caregivers support their loved ones in both practical and emotional ways—whether or not they are involved in active treatment with their loved one, and regardless of age and motivation to change.	
Professional or Peer Support/Fees:	Professional Fee: \$100 per individual, \$150 per couple, and \$50 for each additional family member	
Contact:	Facilitated by Dr. Hien Nguyen C. Psych. and Dr. Sarah Norwood C. Psych If you are looking for information and support, for yourself or for a loved one, please email us at <a href="mailto:info@hopewell.ca">info@hopewell.ca</a> or call 613.241.3428. Office hours are Monday thru Friday, 9am-5pm.	

<b>Support Group Name:</b>	<b>Hopewell Family &amp; Friends Support Groups</b>	
Location:	Connaught Public School, 1149 Gladstone Ave, Ottawa	
Date and Time:	Eight-Week Group commencing Tues April 25- June 13, 19:00-20:30	
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 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.	
Professional or Peer Support/Fees:	Peer Support /\$50.00 per person for 8-weeks or \$10.00 drop-in.	
Contact:	Facilitated by a volunteer family caregiver If you are looking for information and support, for yourself or for a loved one, please email us at <a href="mailto:info@hopewell.ca">info@hopewell.ca</a> or call 613.241.3428.	

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	Office hours are Monday thru Friday, 9am-5pm.
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<b>Support Group Name:</b> 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

<b>Support Group Name:</b> National Education Alliance for BPD Ottawa Network for Borderline Personality: Family Connections 12-Week Program	
Location:	Various locations (OASIS, The Royal)
Date and Time:	Offered several times a year usually on Sat. 09:30-11:30
Description:	For family caregivers with a loved one with emotion regulation problems. 12-week manualized workshop
Professional or Peer Support/Fees:	Trained facilitators /Peer-led Membership donation \$10.00/year
Contact:	For Info: <a href="mailto:intake@on-bpd.ca">intake@on-bpd.ca</a>  Link to Ottawa Network for Borderline Personality: Brochure and Family Connections 12-Week Program Application <a href="http://on-bpd.ca/en/family-connections">http://on-bpd.ca/en/family-connections</a>  Link to free Family Connections video series : <a href="http://www.borderlinepersonalitydisorder.com/video-series/">http://www.borderlinepersonalitydisorder.com/video-series/</a>

<b>Support Group Name:</b> OASIS Public Information Evenings	
Location:	Glen Cairn United Church, 140 Abbey Hill Drive, Kanata
Date and Time:	Specific Mon. evenings 19:00-20:30 (See website for date)
Description:	Various topics, see website for details: <a href="https://theoasiskanata.ca/">https://theoasiskanata.ca/</a>
Professional or Peer Support/Fees:	Professional/no fee
Contact:	Christina Glaus Phone: 613.435.1100 Email: <a href="mailto:OasisManager@TheOasisKanata.ca">OasisManager@TheOasisKanata.ca</a>

<b>Support Group Name:</b> OASIS Family Matters Support Groups	
Location:	Glen Cairn United Church, 140 Abbey Hill Drive, Kanata

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Date and Time:	First Mon. of the month 19:00-20:30
Description:	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:	Christina Glaus Phone: 613.435.1100 Email: <a href="mailto:OasisManager@TheOasisKanata.ca">OasisManager@TheOasisKanata.ca</a>

<b>Support Group Name:</b>	<b>OCISO Outbound Counseling (Community Outreach)</b>
Location:	Various schools, hospitals and community centers
Date and Time:	TBD
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:	Abdirahman Hashi 613.725.5671 ext. 221

<b>Support Group Name:</b>	<b>OCD Ottawa</b>
Location:	TBA
Date and Time:	Third Wed. of every month, 19:00-21:00.
Description:	Peer based support group, sharing experiences of living/dealing with someone who has OCD. Peer led, and informal. The intent is to provide a supportive place to talk about the unique challenges this disorder can bring. Small group; 5-10 people attending.
Professional or Peer Support/Fees:	Peer/no fee
Contact:	For information, general support and help with accessing resources, contact Barb, who facilitates the Ottawa OCD Parent/Family Support Group, at <a href="mailto:barb@ocdottawa.com">barb@ocdottawa.com</a> . Ottawa OCD Parent/Family Support Group

<b>Support Group Name:</b>	<b>Orleans Family Support Group – Mood Disorders Ottawa</b>
Location:	Orleans United Church, 1111 Orleans Blvd. (at Fortune Blvd.)
Date and Time:	Third Thurs. of the month 19:00-20:00 * except no meeting July or Dec.
Description:	For adult relatives and friends of people with mood disorders.
Professional or Peer Support/Fees:	Nonprofit, volunteer-led MDO membership Individual \$10.00/year; Family \$17.00
Contact:	Contact Madeleine Bertrand Phone: 613.526.5406 Email: <a href="mailto:mdogrp@gmail.com">mdogrp@gmail.com</a> Supportline: <a href="mailto:mdosupport@hotmail.com">mdosupport@hotmail.com</a>

<b>Support Group Name:</b>	<b>Recovery Academy Family &amp; Friends Skill Building</b>
Location:	TBD

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Date and Time:	TBD
Description:	Free workshops: Coping with a Crisis; How to Support Well Being and Recovery; How to get through the Mental Health and Addictions Maze; How to Deal with Barriers to Communication. Other workshops available for a nominal fee: <a href="http://www.recoveryacademy.ca/workshops.php">http://www.recoveryacademy.ca/workshops.php</a>
Professional or Peer Support/Fees:	Family Caregiver Peer Support
Contact:	Catherine Corey To register for free workshops: <a href="http://www.recoveryacademy.ca/courses.php">http://www.recoveryacademy.ca/courses.php</a>

<b>Support Group Name:</b>	<b>Family WRAP Psychiatric Survivors of Ottawa</b>
Location:	The Bronson Center, 211 Bronson Ave, Ottawa
Date and Time:	TBD
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 facilitators/no fee
Contact:	Family WRAP If you would like to be added to the list, please contact Melissa Yaxley-Stillman 613.567.4379 ext. 115

<b>Support Group Name:</b>	<b>PLEO Parents Lifeline of Eastern Ontario</b>
Location:	Royal Ottawa Mental Health Centre, 1145 Carling Avenue, Room 1424 Parking fees generously covered by The Royal *Please email <a href="mailto:info@pleo.on.ca">info@pleo.on.ca</a> 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 16-24
Professional or Peer Support/Fees:	Peer Support/ no fee
Contact:	613.321.3211

<b>Support Group Name:</b>	<b>PLEO Francophone Group</b>
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 (16-24)
Professional or Peer Support/Fees:	Peer Support/ no fee
Contact:	613.321.3211

<b>Support Group Name:</b>	<b>PLEO in collaboration with the Western Ottawa Community Resource Center</b>
Location:	Western Ottawa Community Resource Center 2 MacNeil Court, Boardroom, Kanata
Date and Time:	Second Tues. of the month 18:30-20:30

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Description:	Mental Health and Addictions Support Group for Parent and caregivers support group for children youth and young adults up to age 24
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	No registration required PLEO 613.321.3211

Support Group Name:	<b>Recovery Connections, Psychiatric Survivors of Ottawa Family Peer Support Groups Family Peer Support Programs at QCH and Montfort.</b>
Location:	211 Bronson Ave Rm. 215, Ottawa
Date and Time:	Every Mon. 18:30-20:30 211 Bronson Ave Rm. 215, Ottawa
Description:	Various topics See website for details: <a href="http://WWW.PSO-OTTAWA.CA">WWW.PSO-OTTAWA.CA</a>
Professional or Peer Support/Fees:	Professional & Peer Support/no fee
Contact:	Contact Beata Ziolkowski 613.567.4379 ext. 123 Melissa Yaxley-Stillman 613.567.4379 ext. 115  Queensway Carleton Hospital: 613-721-2000 Extension 3978 for Family Support  Hôpital Montfort: 613-746-4621 Extension 3535 for Family Support

Support Group Name:	<b>Schizophrenia Society, Ottawa Region (Ottawa, Renfrew, Cornwall) Strengthening Families Together</b>
Location:	The Royal 1145 Carling Ave, Rm 3328
Date and Time:	Strengthening Families Groups are offered twice per year usually in the spring and fall (contingent on interest) at The Royal. There is also a monthly "Ideas Group" See calendar on website: <a href="http://www.schizophrenia.on.ca/Media/Events">http://www.schizophrenia.on.ca/Media/Events</a>
Description:	Downloadable resources available on Schizophrenia Society Website <a href="http://www.schizophrenia.ca/strength.php">http://www.schizophrenia.ca/strength.php</a>
Professional or Peer Support/Fees:	\$50.00 per family
Contact:	Sheila Deighton, Regional Coordinator Phone: 613.722.6521 ext. 7775 <a href="mailto:sdeighton@schizophrenia.on.ca">sdeighton@schizophrenia.on.ca</a>

Support Group Name:	<b>The Wabano Centre for Aboriginal Health</b>
Location:	299 Montreal Rd, Ottawa

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Date and Time:	
Description:	Mental health walk-in counseling services for individuals and families Family Therapy
Professional or Peer Support/Fees:	Professional/no fee
Contact:	<p>Vanessa Stevens Phone: 613.748.0657 ext. 253 Email: <a href="mailto:vstevens@wabano.com">vstevens@wabano.com</a></p> <p>For information: Amanda Tessier 613.748.0657 ext. 312</p> <p>To register: Ashley Milks 613.748.0657 ext. 247</p>

### Lanark, Leeds and Grenville Adult Mental Health Family Support Services

Support Group Name:	<b>Lanark, Leeds and Grenville Addictions and Mental Health (TriCAS and LCMH Partnership)</b> Serves Carleton place, Delta, Gananoque, Kemptville, Lanark, Prescott, Smiths Falls
Location:	25 Front Ave W Unit 1, Brockville
Date and Time:	TBD
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:	<p>613.342.2262 Toll-Free: 1-866-499-8445 Crisis: 1-866-281-2911</p> <p>Deena Bell, Family Support Worker <a href="mailto:belld@llgamh.ca">belld@llgamh.ca</a> 613.342.6214 ext. 5105</p>

Support Group Name:	<b>PLEO Parents Lifeline of Eastern Ontario / Open Doors for Lanark Children and Youth Family Resource Team</b>
Location:	Open Doors for Lanark Children & Youth, 40 Bennett Street, Unit A, Carleton Place
Date and Time:	Third Wed. of every month 18:00-20:00
Description:	Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	PLEO:

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	1.855.775.7005
	Open Doors: Carleton Place 613.257.8260 Smiths Falls 613.283.8260 Perth 613.264.1415 Toll Free: 1.877.232.8260

<b>Support Group Name:</b> PLEO	
Location:	Kemptville District Hospital—Courtyard Lounge 2675 Concession Rd, Kemptville, ON
Date and Time:	Second Tues. of every month 18:30 to 20:30pm
Description:	Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	1.855.775.7005

<b>Support Group Name:</b> 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:	
Description:	See website for details: <a href="http://www.mhsp-links.ca/">http://www.mhsp-links.ca/</a>
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

### Pembroke & Renfrew County Adult Mental Health Family Support Services

<b>Support Group Name:</b> 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:	Contact Information Mon.-Fri. 08:00-16:30



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	Phone: 613.732.2811 <a href="http://www.pemreghos.org">www.pemreghos.org</a>  Cheryl Smith 613.737.8770
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<b>Support Group Name:</b> 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 <a href="http://www.rdfcc.ca">www.rdfcc.ca</a>

<b>Support Group Name:</b> 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:	613.735.2374 1.800.465.1870 <a href="http://www.phoenixpembroke.com/">http://www.phoenixpembroke.com/</a>

<b>Support Group Name:</b> PLEO Parents Lifelines of Eastern Ontario	
Location:	Robbie Dean Centre – 315 Pembroke Street East, Pembroke, ON
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:	1.855.775.7005

<b>Support Group Name:</b> 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

## Champlain LHIN Adult Mental Health Family Support Services

Contact:	1.855.775.7005
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<b>Support Group Name:</b>	<b>Living Healthy Champlain</b>
Location:	315 Pembroke St E, The Auditorium , Pembroke
Date and Time:	Thurs. Apr. 20, 2017 - May 25, 2017 13:00pm - 15:30pm (A similar group specific to Chronic Pain will be held in Cobden at the Whitewater Bromley CHC from April 12-May 17 )
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:	<a href="http://livinghealthyhamplain.ca/register/register.aspx?id=450">http://livinghealthyhamplain.ca/register/register.aspx?id=450</a>

### Cornwall, Stormont Dundas & Prescott Russell Adult Mental Health Family Support Services

<b>Support Group Name:</b>	<b>Cornwall and District Family Support Group (cdfsg4) (member of The Change Foundation)</b>
Location:	Group meets in downtown Cornwall.
Date and Time:	First Mon. of every month at 18:00 *except in the case of holiday Mon.
Description:	A volunteer group providing Family Support and Education. 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:	
Contact:	For the address of where the meetings are held, please call 613.527.1201 and tell us a bit about your situation. <a href="http://www.listentofamilies.ca/roller-info">http://www.listentofamilies.ca/roller-info</a>

<b>Support Group Name:</b>	<b>Counselling and Support Services of Stormont, Dundas &amp; Glengarry (member of Catholic Family services Ottawa &amp; United Way)</b>
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 <a href="http://www.css-sdg.ca/">http://www.css-sdg.ca/</a>

<b>Support Group Name:</b>	<b>Canadian Mental Health Association, Champlain East</b> Serves Hawkesbury, Plantagenet, Alexandria, Casselman, Morrisburg, Rockland
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Location:	Main Office is located at: 329 Pitt Street Cornwall,  Hawkesbury Office is located at: 444 McGill Street Suite 003 Hawkesbury
Date and Time:	
Description:	Offers CMHA Family Support Link to family support program brochure: <a href="http://www.cmha-east.on.ca/images/PDFs/2016_Family_Support.pdf">http://www.cmha-east.on.ca/images/PDFs/2016_Family_Support.pdf</a>
Professional or Peer Support/Fees:	Professional/no fee
Contact:	<a href="http://www.cmha-east.on.ca/">http://www.cmha-east.on.ca/</a> 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

<b>Support Group Name:</b>	<b>PLEO Parents Lifeline of Eastern Ontario</b>
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
Description:	For Parents/Caregivers of children & youth (0-24)
Professional or Peer Support/Fees:	Peer Support/no fee
Contact:	1.855.775.7005

<b>Support Group Name:</b>	<b>PLEO Parents Lifeline of Eastern Ontario</b>
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:	1.855.775.7005

### Online and Call Line Caregiver Resources

<b>Support Group Name:</b>	<b>Schizophrenia Society of Ontario</b>
Location:	Ask The Expert Call Line and Email
Date and Time:	

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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:	
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: <a href="http://www.schizophrenia.on.ca/Programs-Services/Ask-the-Expert">http://www.schizophrenia.on.ca/Programs-Services/Ask-the-Expert</a>

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

### Roller Coaster to Recovery

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

### emental 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>

### City of Ottawa

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