

Caring for Caregivers

theroyal.ca

February to June, 2019, Tuesdays, 6:00 – 7:30 pm

OPEN TO THE PUBLIC
NO NEED TO PRE-REGISTER

Although we have arranged the following roster of topics, questions unrelated to these subjects are always welcome. Please note these sessions are offered in ENGLISH ONLY.

FAMILY SUPPORT SESSIONS

- March 5**
room 1424
Dianne Blackburn will help us gain a basic understanding of **Cognitive Behaviour Therapy** and how caregivers can use it to better understand both our own challenges and those of the individual(s) we are supporting.
- April 2**
room 1425
Join us for a glimpse into the **Ottawa Police Mental Health Unit (MHU)** and how this specialized unit can assist us in better supporting our loved ones living with mental health challenges.
- May 7**
room 1424
Don't miss this opportunity to listen to Dr. Deanna Mercer (TOH), Helen Gottfried-UnRuh (CMHA), and Karen Hanna (ON-BPD) as they shed light on the topic of **Borderline Personality Disorder and the use of Dialectical Behavioral Therapy (DBT)** as the preferred method of treatment. Tips, strategies, and resources will be shared.
- June 4**
room 1424
Dr. Hans DeGroot will be sharing his experience using **Acceptance and Commitment Therapy (ACT)** with his clients. He will be talking about the benefits of using this newer generation of therapy; how it can be used for clients and family members alike to manage change, loss and various emotions we feel during this process and beyond.

FAMILY INFORMATION SESSIONS

- February 19**
room 1425
Life can be very taxing and downright difficult at times. In an effort to practice self-care strategies Julia Maiorino, Spiritual & Cultural Care will help us learn more about **stress management and reduction using mindfulness techniques**. Learning how to be present in the moment and practicing this on a daily basis can reap benefits for both our mental and physical health, as well as our relationships with others.
- March 19**
room 1425
Managing day to day living with our loved ones can be difficult and at times trying on various levels. As devoted caregivers how do we manage this and other crises that may arise due to our loved one's mental health challenges?
- April 16**
room 1424
Let's discuss **living situations across a lifetime of caregiving** – ways to support relatives who live with us, fostering independence through available programs and resources including housing and long term care options.
- May 21**
room 1425
Do you suffer in silence with your loved one's mental illness? Are you keeping secrets to avoid the stigma? Do you find yourself wondering what you are going to say to work colleagues, friends, or other family members about your loved one's mental health challenges? If this sounds familiar, please join us for a **supportive discussion** around managing these and other emotions in a way that is successful and healthy.
- June 18**
room 1424
Join us for this hopeful and always **inspirational talk from people who have lived experiences** with mental health challenges. Come and meet modern day warriors.

THESE SESSIONS ARE AVAILABLE IN TWO LOCATIONS

Ottawa
The Royal – rooms 1424 or 1425 (as noted above)
1145 Carling Avenue, Ottawa

Pembroke
Carefor Civic Complex – Lower level, room C
425 Ceclia Street, Pembroke

FOR FURTHER INFORMATION, PLEASE CONTACT:

Pembroke
John Phannenhour – 613.732.8770 x 8004

Ottawa
Deborah Mullins, MSW, RSW – 613.722.6521 x 7221
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