



May 13

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Dialectical Behaviour Therapy (DBT)

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, May 13, 7pm
Free. All welcome.**

DBT is a proven effective therapeutic treatment for those diagnosed with Borderline Personality Disorder and other mental health illnesses. Family members learning DBT skills can significantly support successful outcomes for their loved ones, and also improve relationship and family health. Marian Meade RN, BScN, and Karen Hanna, Vice-President, Ottawa Network for Borderline Personality Disorder (ON-BPD), will discuss DBT and families and provide practical skills for caregivers.