



## ***The Oasis in Kanata* Caregivers Matter Support Group**

### **Description and Purpose**

The Oasis in Kanata Caregivers Matter support group provides an opportunity for family members and caregivers to meet to discuss their specific situations and concerns related to caring for a loved one living with a mental illness.

The group provides caregivers with emotional and social support. Facilitated by a mental health professional and trained volunteers, participants create a safe, supportive, and nonjudgmental environment in which to share feelings, concerns, challenges, strengths, and successes.

### **Benefits**

Coming together with others who understand can help decrease feelings of isolation, stress, and guilt; improve coping skills; and bolster hope for the future.

At support group meetings, caregivers have the opportunity to discuss their experiences and listen to those of others. Most importantly, participants may be reassured to know they are not alone and that others understand what they might be experiencing with their loved one's illness.

### **Group Guidelines**

The following guidelines apply at all meetings:

- Each person is allowed to participate equally.
- Each person is permitted to speak without being interrupted.
- Each person is treated with respect.
- Discussions are carried out in a non-judgmental environment.
- The confidentiality of each person is assured.
- All suggestions are considered in an open fashion.
- The meeting format is kept flexible to ensure all participants' needs are met.

### **Confidentiality**

Participants must agree not to share personal information or stories with others, not even family members, friends, or co-workers. Participants must also agree to keep personal names or information about family members or workplaces within the group.

However, as long as personal information is not divulged, participants are encouraged to share tips, strategies, resources, and ideas with family members and friends outside of the group setting.



The Caregivers Matter support group meets the first Monday of each month, unless otherwise noted, from 7 to 8:30 pm, at Glen Cairn United Church, 140 Abbeyhill Drive, in Kanata.

Meetings are free and open to all caregivers. Preregistration is not required.

For more information, visit [www.TheOasisKanata.ca](http://www.TheOasisKanata.ca), contact the Program Manager by Email at [OasisManager@TheOasisKanata.ca](mailto:OasisManager@TheOasisKanata.ca), or leave a telephone message at 613-435-1100.