



## **Change Management and Motivational Interviewing for the Family**

***The Oasis in Kanata*** is pleased to announce we have engaged the services of Pamela Heise, BA KIN, BSW MSW, Implementation Specialist with the University of Ottawa Heart Institute's Division of Prevention and Rehabilitation, who will facilitate four consecutive Tuesday evening sessions dealing with Change Management and Motivational Interviewing.

Change is very difficult, and through this workshop participants will acquire valuable tools to help with the process. Motivational Interviewing uses a counseling approach that brings about behavioural change through the use of empathy, compassion, collaboration, and acceptance. Attendees will learn skills to enhance their abilities to listen to their family member and promote talk. Sessions will be educational, interactive, and practical. Each session will build on information gained in the prior session. Therefore, participants will be expected to attend all sessions to derive maximum benefit from the experience.

The workshop series will start on Tuesday, October 8. All four sessions (October 8, 15, 22, & 29) will be held from 7 to 9 pm at Glen Cairn United Church, 140 Abbeyhill Drive, in Kanata.

Registration is required. There will be a \$10 administration fee to attend this workshop, payable by cash or cheque, made out to "Glen Cairn United Church" with "*The Oasis in Kanata CM/MI Workshop*" on the Memo line, at the first session. However, ***The Oasis in Kanata*** is committed to providing barrier-free information and support for caregivers and families of loved ones with a mental illness. If the fee for this workshop is a barrier to participating, call 613-435-1100 and leave your name, telephone number, and a brief message for our Program Manager.

**TO REGISTER:** Email ***info@TheOasisKanata.ca***. Space will be limited to a maximum of 16 participants. Registration will close at midnight on September 24.