



MONDAYS

FAMILY PEER SUPPORT GROUP CALENDAR - 2020

Dates:	Discussion Topics:
Jan 6, 2020	Open Discussion, Sharing and Support
Jan 13, 2020	How to Stop People Pleasing
Jan 20, 2020	Open Discussion, Sharing and Support
Jan 27, 2020	Letting go of Sadness
Feb 3, 2020	Open Discussion, Sharing and Support
Feb 10, 2020	Boundaries - What Do I Need To Change
Feb 17, 2020	Statutory Holiday. Closed
Feb 24, 2020	Open Discussion, Sharing and Support
Mar 2, 2020	Co-Dependency
Mar 9, 2020	Open Discussion, Sharing and Support
Mar 16, 2020	Getting off the Hook
Mar 23, 2020	Open Discussion, Sharing and Support
Mar 30, 2020	Planning For Self-Care During Holidays and Social Engagements
Apr 6, 2020	Open Discussion, Sharing and Support
Apr 13, 2020	Statutory Holiday. Closed
Apr 20, 2020	Generosity When You Have No Energy Left
Apr 27, 2020	Open Discussion, Sharing and Support
May 4, 2020	Being Powerless Over Others
May 11, 2020	Open Discussion, Sharing and Support
May 18, 2020	Statutory Holiday. Closed
May 25, 2020	Giving in a Healthy Way
Jun 1, 2020	Open Discussion, Sharing and Support
Jun 8, 2020	Owning our Energy
Jun 15, 2020	Open Discussion, Sharing and Support
Jun 22, 2020	Rescuing Ourselves
Jun 29, 2020	Open Discussion, Sharing and Support
Jul 6, 2020	How To Say No - Learning to Use Your Voice with Grace
Jul 13, 2020	Open Discussion, Sharing and Support
Jul 20, 2020	Helping Someone In A Suicidal Crisis
Jul 27, 2020	Open Discussion, Sharing and Support
Aug 3, 2020	Statutory Holiday. Closed
Aug 10, 2020	Developing Healthy Tolerance

Dates:	Discussion Topics:
Aug 17, 2020	Open Discussion, Sharing and Support
Aug 24, 2020	Requesting a Personal Time Out With Grace
Aug 31, 2020	Open Discussion, Sharing and Support
Sept 7, 2020	Statutory Holiday. Closed
Sept 14, 2020	Staying out of the Middle
Sept 21, 2020	Open Discussion, Sharing and Support
Sept 28, 2020	Being Hopeful and How Not to Lose It
Oct 5, 2020	Open Discussion, Sharing and Support
Oct 12, 2020	Statutory Holiday. Closed
Oct 19, 2020	Giving in a Healthy Way
Oct 26, 2020	Open Discussion, Sharing and Support
Nov 2, 2020	Kindness in the Face of Aggression and Anger
Nov 9, 2020	Open Discussion, Sharing and Support
Nov 16, 2020	Survivor's Guilt
Nov 23, 2020	Open Discussion, Sharing and Support
Nov 30, 2020	Caretaking vs. Responsibility for Ourselves
Dec 7, 2020	Open Discussion, Sharing and Support
Dec 14, 2020	Holding Your Own
Dec 21, 2020	Open Discussion, Sharing and Support
Dec 30, 2020	Group cancelled

Meeting Location & Time: 211 Bronson Ave. Room 212, Ottawa K1R 6H5, 6:30-8:30pm*

For more information, please contact: **Sean Dillon** email: SeanD@pso-ottawa.ca, **Guy St. Jean** email: GuyS@pso-ottawa or **Beata Ziolkowski** email: BeataZ@pso-ottawa.ca

*Free evening parking (after 3pm) available behind the Bronson Centre building (off of Nepean St.)

