



The Oasis in Kanata

For caregivers of people living with mental illness

Information Sessions are free and open to all. Mental health experts and individuals with lived experience present information on topics such as communication, finance, self-care, suicide prevention, and crisis planning. For details, go to www.TheOasisKanata.ca, find us on **Facebook**, or Email us at info@TheOasisKanata.ca.

The **Caregivers Matter** support group meets monthly in a confidential small group setting. Facilitated by a mental health professional and trained volunteers, caregivers receive information, support, and hope through shared experience. Meetings are free. For information, Email us at info@TheOasisKanata.ca.

Workshops and Courses. Periodically, we sponsor courses developed by organizations such as the Psychiatric Survivors of Ottawa, the Ottawa Network for Borderline Personality Disorder, the Canadian Mental Health Association, and The Royal. Pre-registration is required. Visit our Website at www.TheOasisKanata.ca or our **Facebook** page for information on upcoming courses.

Our Mission
Helping caregivers build capacity, confidence, and resilience through information, education, and support

Facts from the Canadian Mental Health Association:

- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.
- In Canada, only 1 out of 5 children who need mental health services receives them.
- \$6.3 billion was spent on uninsured mental health services and time off work for depression and distress that was not treated by the health care system.
- A person with a psychiatric disorder often needs much love, help, and support. At the same time, the problems, fears, and behaviour of your ill loved one may strain your patience, finances, and ability to cope.



What we know:

- Caregivers - partners, parents, siblings - are the central support for a loved one suffering from mental illness.
- Caregivers often feel isolated in part due to the stigma that is a barrier to understanding and acceptance in the community.
- Caregivers need the support of a caring community to sustain them.

What to do in crisis:

The Oasis in Kanata does not handle crisis situations. If you or your loved one is in crisis:

- **Contact your doctor**
- **Go to the nearest hospital**
- **Call toll-free 24 hours a day:**
 - 911
 - Crisis Line in Ottawa: 613-722-6914
outside Ottawa: 1-866-996-0991
 - Telehealth Ontario: 1-866-797-0000
 - Ontario Mental Health Helpline: 1-866-531-2600

To contact our Program Manager, send an Email to OasisManager@TheOasisKanata.ca

Community Resources:

Need information? Don't know where to start? Our Website lists information about both community and online resources. Examples include:

- Distress Centre of Ottawa and Region
 - Mental Health Crisis Line
 - Canadian Mental Health Association
 - Centre for Addiction and Mental Health
 - Ottawa Peer Recovery Centre
 - The Royal Ottawa Mental Health Centre
 - Western Ottawa Community Resource Centre
 - Ontario Mental Health Helpline
 - Canadian Association for Suicide Prevention
- ... and many more.

www.TheOasisKanata.ca



The Oasis in Kanata is open to all caregivers, family members, and friends of individuals living with mental illness.

Mental illness affects people of all ages, education, income levels, and cultures. It affects individuals, it affects their families, and it affects communities.

Mental health agencies urge caregivers to build a support network to gain balance and equanimity in their own lives.

A survey conducted by Glen Cairn United Church in 2012 found that, although there are family support programs in other parts of the city, there is little sustained programming in Kanata and the surrounding area that focuses on helping caregivers establish and maintain a network of information and support.

In 2013, Glen Cairn United Church established **The Oasis in Kanata** as a community outreach program working to close this gap.

Consult our Website at www.TheOasisKanata.ca or visit our [Facebook](#) page regularly for the latest news, information, and updates on future events.

To learn more about our program, watch our **YouTube video**: type “**the oasis in Kanata**” into the search box.

Glen Cairn United Church is a not-for-profit, charitable organization. We welcome donations to support The Oasis in Kanata.

The Oasis in Kanata employs a mental health professional to ensure the quality, integrity, and sustainability of the program.

Information Session topics are chosen to address the needs of caregivers in the local community. Each speaker has in-depth knowledge and experience with mental health issues.

Sample topics include:

- ♥ Mental Illness - A Family's Journey
- ♥ Communication Skills
- ♥ Care for the Caregiver
- ♥ Managing Holiday Stressors
- ♥ Financial Issues for Caregivers
- ♥ Grieving Mental Illness
- ♥ Self-harm, Suicide, Emergency Plans
- ♥ Navigating the System
- ♥ Getting to the Heart of the Issues
- ♥ Coping When Things Are Breaking Down
- ♥ Family Fatigue

Support Group sessions are co-facilitated by the Program Manager and a team of trained volunteers in a safe, secure, confidential environment.

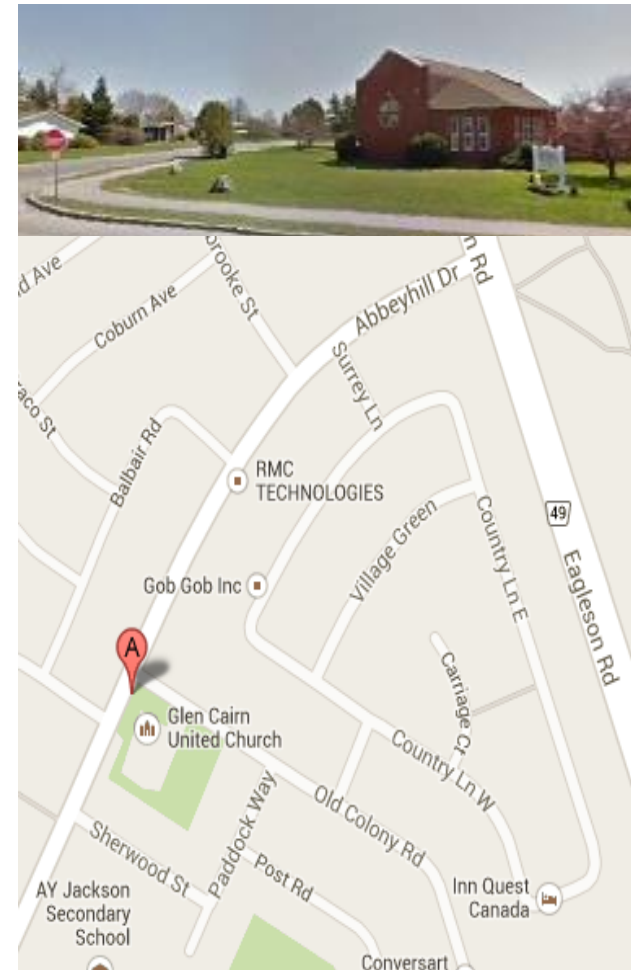
Questions about our program?

Suggestions for future topics?

Want to be informed of upcoming events?

To communicate with us or to subscribe to our [News Bulletins](#), Email us at: info@TheOasisKanata.ca

Unless otherwise noted, all events are held at Glen Cairn United Church, 140 Abbeyhill Drive, Kanata, Ontario, K2L 1H5



The Oasis in Kanata
For caregivers of people living with mental illness