Family Education Series
Fall 2017

All Families Welcome to Attend! The Family Education Series consists of individual sessions that will have an educational focus and provide an opportunity to discuss various topics impacting you and your loved ones. You can come to ONE session or to ALL sessions. No cost!

Registration in Advance is requested

Tues., Nov. 7th 6:30- 8:30 PM
Recovery and Stigma
Perspectives on Recovery and Stigma. A client perspective on living with and the impact of stigma, as well as the Family Recovery Journey will be provided.

Tues., Nov. 14th 6:30- 8:30 PM
Mental Health Diagnoses
Introduction to the symptoms and treatment of Schizophrenia/ Psychosis; and Mood and Anxiety.

Tues., Nov. 21st 6:30- 8:30 PM
Psychopharmacology
Information on the uses and effects of psychiatric medication.

Tues., Nov. 28th 6:30- 8:30 PM
Psychosocial Treatments
Exploring some of the nonpharmacologic interventions to decrease symptom severity, improve functioning and satisfaction with quality of life.

Tues., Dec. 5th 6:30- 8:30 PM
Legal Issues
Discussion about the Mental Health Act, Capacity, being a Substitute Decision Maker, and the Forensic Mental Health System.

Tues., Dec. 12th 6:30- 8:30 PM
Care for the Caregiver/Coping
An interactive presentation on strategies for self-care, barriers to self-care, and possible ways of working with those barriers.

Tues., Dec. 19th 6:30- 8:30 PM
Crisis Intervention
Explores the ways in which family members can help manage in situations of crisis.

Sessions will be held in the Family Resource Centre, Building 7 Level 2

Presented by Social Work Council and Family Council

To register call 905-430-4055, Ext. 6970 or by email familyresourcecentre@ontarioshores.ca. For additional information visit the Events Calendar at our website: www.ontarioshores.ca