

# 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. 7<sup>th</sup> 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. 14<sup>th</sup> 6:30- 8:30 PM

### Mental Health Diagnoses

*Introduction to the symptoms and treatment of Schizophrenia/ Psychosis; and Mood and Anxiety.*

Tues., Nov. 21<sup>st</sup> 6:30- 8:30 PM

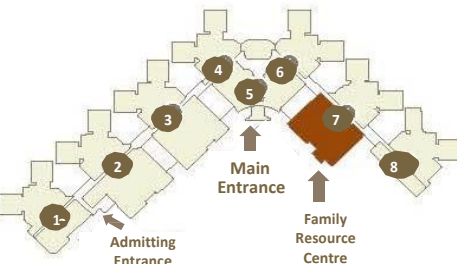
### Psychopharmacology

*Information on the uses and effects of psychiatric medication.*

Tues., Nov. 28<sup>th</sup> 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.*



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

Tues., Dec. 5<sup>th</sup> 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. 12<sup>th</sup> 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. 19<sup>th</sup> 6:30- 8:30 PM

### Crisis Intervention

*Explores the ways in which family members can help manage in situations of crisis.*



Presented by Social Work Council and Family Council

To register call 905-430-4055, Ext. 6970 or by email [familyresourcecentre@ontarioshores.ca](mailto:familyresourcecentre@ontarioshores.ca).  
For additional information visit the [Events Calendar](#) at our website: [www.ontarioshores.ca](http://www.ontarioshores.ca)