

Family Education Series

Fall 2018

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., Oct. 16th 6:30- 8:30 PM

Legal Issues and Crisis Planning

Explores the ways that family members can manage situations of crisis. Discusses the Mental Health Act, Capacity, and being a Substitute Decision Maker.



Tues., Nov. 6th 6:30- 8:30 PM

Exploring Transitional Aged Youth Services

Exploring the unique needs and resources available for Transitional Aged Youth (16-24) expressing anxiety and depression as they navigate life and the mental health system.

Tues., Oct. 23rd 6:30- 8:30 PM

Anxiety and Depression

Understanding anxiety and depression, including diagnosis, treatments, and resources.

Tues., Nov. 13th 6:30- 8:30 PM

Care for the Caregiver

Learning to be more effective in being kind, accepting and compassionate with ourselves.

Tues., Oct. 30th 6:30- 8:30 PM

Concurrent Disorders: When Addictions and Mental Health Overlap

Learn about how addiction and mental health are connected, the evidence based treatments for concurrent disorders and where you can go to access help for your loved one in the community.

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

Presented by Social Work Council and Family Council

Tues., Nov. 20th 6:30- 8:30 PM

To Be Determined

