

Family Education Series

Fall 2019

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. 29th 6:30- 8:30 PM

ODSP Funding

Learn about available funding and the application process for the Ontario Disability Support Program (ODSP).



Tues., Nov. 19th 6:30- 8:30 PM

Anxiety and Depression

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

Tues., Nov. 5th 6:30- 8:30 PM

Impact of Grief and Supporting the Caregiver

Understanding the impact of grief and loss on caregivers and how to support caregivers to maintain hope.

Tues., Nov. 26th 6:30- 8:30 PM

Bipolar Disorder

Learn about Bipolar Disorder, including diagnosis, treatments, and resources.

Tues., Nov. 12th 6:30- 8:30 PM

Communication and Supporting Your Loved One

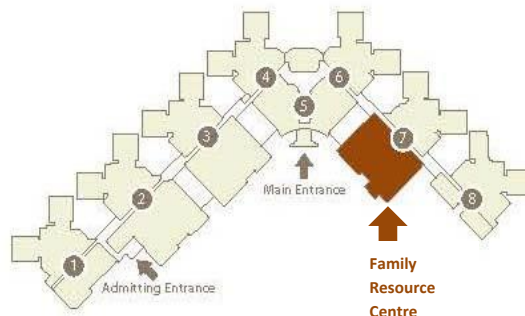
How to communicate with your loved one to maximize understanding and support.

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

Tues., Dec. 3rd 6:30- 8:30 PM

Medication Options and Side Effects

Learn about the uses and effects of medication with a specific focus on psychiatric medications.



Presented by Social Work Council and Family Council

For additional information, please contact the Family Resource Centre at 905-430-4055, Ext. 6970 or by email familyresourcecentre@ontarioshores.ca