**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. 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. 12th 6:30- 8:30 PM**

**Communication and Supporting Your Loved One**
How to communicate with your loved one to maximize understanding and support.

---

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

**Anxiety and Depression**
Understanding anxiety and depression, including diagnosis, treatments, and resources.

---

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

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

---

**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.

---

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

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