

Family Education Series

Spring 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., May 14th 6:30- 8:30 PM

Forensic Mental Health System

Provides information on the Forensic Mental Health System and the Forensic Program at Ontario Shores.



Tues., May 21st 6:30- 8:30 PM

Anxiety and Depression

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

Tues., May 28th 6:30- 8:30 PM

Psychosis

A discussion of psychosis symptoms, causes, and coping strategies.

Tues., June 4th 6:30- 8:30 PM

Cannabis: Implications for Mental Health

Discusses the implications of cannabis use for mental health.

Tues., June 11th 6:30- 8:30 PM

Bipolar Disorder

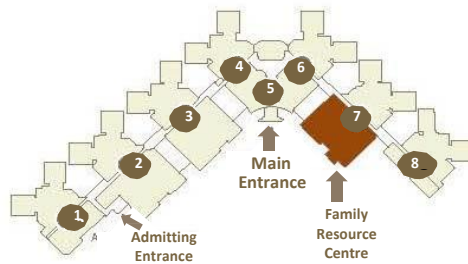
Discusses the causes, symptoms, prevalence, treatment modalities, and caregiver health.

Tues., June 18th 6:30- 8:30 PM

Transgender Mental Health

Provides information on trans terminology, mental health issues in transgender individuals, and how family/friends can best support them.

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