



August: Family Council Support Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Family Resource Centre 1:00 to 5:00	4 Family Resource Centre 4:30 to 7:30 F.A.M.E 7-9pm North York Family Support Group	5 Family Resource Centre 1:00 to 8:30	6 Family Resource Centre 1:00 to 4:00	7	8
9	10 Family Resource Centre 1:00 to 5:00 Early Years of Recovery Support Group 7-9 pm @ 130 Spadina Ave. Suite 302 F.A.M.E 7-9pm Etobicoke Family Support Group F.A.M.E 7-9pm Brampton Family Support Group	11 Family Resource Centre 4:30 to 7:30 F.A.M.E 7-9pm Scarborough Centenary Hospital Support Group	12 Family Resource Centre 1:00 to 8:30	13 Family Resource Centre 1:00 to 4:00	14	15
16	17 Family Resource Centre 1:00 to 5:00 F.A.M.E 7-9pm Mississauga Family Support Group Family Member Support 7:30-9:30 @MDAO	18 Family Resource Centre 4:30 to 7:30	19 Family Resource Centre 1:00 to 8:30	20 Family Resource Centre 1:00 to 4:00	21	22
23	24 Family Resource Centre 1:00 to 5:00 F.A.M.E 7-9pm Bolton Family Support Group	25	26 Educational Evening for Family Members 6:00-8:00pm @ 60 White Squirrel Way	27 F.A.M.E 7-9pm The Scarborough Hospital - Grace Division Support Group	28	29

Family Resource Centre

We are volunteers who have experienced the impact of mental health and addiction issues on our own family members and friends.



What we provide

Working out of our experiences as family members and friends of people with mental health and addiction issues, we offer:

- emotional support
- understanding
- education
- coping strategies
- opportunities to meet with other family members

Whom we serve

- families
- friends
- consumers/clients
- students
- general public

Other services we offer

- info about the Centre for Addiction and Mental Health
- info about community resources
- a lending library of books and videos
- access to internet information

What we believe

- Families and friends are an essential and enduring support to people with mental health and addiction issues
- Mental health and addiction professionals need to include families as part of the treatment team, acknowledging their experience, their strengths and their role as caregivers.
- An open, cooperative and respectful rapport between families, clients and health care providers ultimately benefits everyone.
- Stress and stigma experienced by family members can be reduced through education, advocacy and participation
- Help nurtures hope. Families are not alone

Educational Evening For Family Members

The CAMH FAMILY ADDICTION SERVICE is offering a 2 hour educational evening for family members who would like to learn more about substance use.

This is a free program focusing on:

- Understanding Addiction
- Motivation and Change
- Effects of Substance use on Families
- Coping Strategies
- Treatment Options

DATE: WEDNESDAY
August 26th, 2009
6:00 - 8:00 pm

LOCATION: 60 White Squirrel Way, CAMH

(White Squirrel Way is an internal street on the CAMH site at 1001 Queen W., between Dovercourt and Ossington)

Multi-Purpose Room

FOR REGISTRATION INFORMATION
PLEASE CALL:

- Robyn Beron
416-535-8501, X7097
- Cathy Thomson
416-535-8501, x7000

The Schizophrenia Society of Ontario

Early Years of Recovery Support Group

This is a peer facilitated support group for families that are within the first 5 years of having a diagnosis. It is a drop-in group and does not require registration.

Time: 7- 9pm
Leanne Needham
Early Intervention Family Worker
Phone: 416-449-6830 ext. 252
Email: Ineedham@schizophrenia.on.ca

Mood Disorders Association of Ontario



36 Eglinton Avenue W. Suite 602
Toronto, Ontario M4R 1A1

Tel: 416-486-8046

Toll free: 1-888-486-8236

Fax: 416-486-8127

Email: info@mooddisorders.on.ca

Website: www.mooddisorders.on.ca

Family Members Only

This group is for family members and/or friends who do not have a mood disorder.

F.A.M.E **The Family** **Association for Mental** **Health Everywhere**



(F.A.M.E.) offers support to families where any mental illness is an issue by providing education, resources and coping strategies

You're not alone. Drop in to a monthly peer-based support group in your area facilitated by F.A.M.E Staff.

Scarborough

Centenary Hospital Support Group

Second Tuesday of the month,
7:00-9:00 p.m.,
2867 Ellesmere Rd., 6th floor.
Parking is validated.

The Scarborough Hospital - Grace Division Support Group

Last Thursday of the month,
7:00-9:00 p.m.,
3030 Birchmount Rd. at Finch,
basement Lecture Hall.

North York

North York Family Support Group

First Tuesday of the month, 7:00-9:00 p.m.,
Ancaster Community Centre, 41
Ancaster Rd.,
(North of Wilson between Keele
& Dufferin)

Etobicoke / West Toronto

Etobicoke Family Support Group

Second Monday of the month,
7:00-9:00 p.m.,
4214 Dundas St.W., Suite 209.

Mississauga

Mississauga Family Support Group

Third Monday of the month, 7:00-9:00 p.m.,
2600 Edenhurst Dr., Suite 101
(at Dundas & Hurontario).

Brampton

Family Support Group

Second Monday of the month,
7:00-9:00 p.m.,
Eclipse Drop-In Centre
71 West Dr., Unit 21 (at Queen
St. East & Highway 410)

Bolton

Family Support Group

Fourth Monday of the month,
7:00-9:00 p.m.,
150 Queen Street South