

March 2010

FACING IT *together*

Monday	Tuesday	Wednesday	Thursday	Fri
1 Family Resource Centre 1 to 5pm CATS: Navigating the Mental Health Care System, & Community Resources 6-7:30pm	2 Family Resource Centre 4:30 to 7:30pm F.A.M.E 7-9pm North York Family Support Group MDAO Tuesdays with Families 12-8pm	3 Family Resource Centre 1-5pm and 6-8pm Educational Evening for Family Members (Addictions) 6-8pm	4 Family Resource Centre 1 to 4pm John Gray Presentation 7- 8:30	5
8 Family Resource Centre 1 to 5pm F.A.M.E Brampton Family Support Group 7-9pm Etobicoke Family Support Group 7-9pm CATS: Crisis intervention 6-7:30pm	9 Family Resource Centre 4:30 to 7:30pm F.A.M.E Scarborough 7-9pm Centenary Hospital Support Group 7-9pm MDAO Tuesdays with Families 12-8pm	10 Family Resource Centre 1-5pm and 6-8pm	11 Family Resource Centre 1 to 4pm	12
15 Family Resource Centre 1 to 5pm F.A.M.E Mississauga Family Support Group 7-9pm CATS: Effective Communication Strategies 6-7:30pm	16 Family Resource Centre 4:30 to 7:30pm MDAO Tuesdays with Families 12-8pm SSO Law and Mental Illness 7pm	17 Family Resource Centre 1-5pm and 6-8pm	18 Family Resource Centre 1 to 4pm	19
22 Family Resource Centre 1 to 5pm Family Member Support 7:30-9:30 @MDAO F.A.M.E North York Family Support Group 7-9pm Bolton Family Support Group 7-9pm CATS: Problem Solving & Closing Session 6-7:30pm	23 Family Resource Centre 4:30 to 7:30pm MDAO Tuesdays with Families 12-8pm	24 Family Resource Centre 1-5pm and 6-8pm	25 Family Resource Centre 1 to 4pm F.A.M.E Scarborough Hospital - Grace Division Support Group 7-9pm	26 Hong Fook Mandarin Family Support Group 7-9pm
29	30	31 Family Council Members Party 6-9pm		

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:

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

Whom we serve

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

Other services we offer

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

What we believe

- o Families and friends are an essential and enduring support to people with mental health and addiction issues
- o 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.
- o An open, cooperative and respectful rapport between families, clients and health care providers ultimately benefits everyone.
- o Stress and stigma experienced by family members can be reduced through education, advocacy and participation

Help nurtures hope. Families are not alone

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.



Tuesdays with Families

The Mood Disorders Association of Ontario introduces a new FAMILY NUMBER especially for family members of someone living with a mood disorder and / or psychosis



For Support, Information, and Referrals

416.486.0411

Tuesdays 12:00pm to 8:00pm

Starting September 22nd

Funding for the family number generously provided by:



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

Centralized Assessment, Triage, and Support Program (CATS) and the Women's Program are proud to host...

AN EDUCATION GROUP FOR FAMILY MEMBERS

This educational group is being offered to adult family members (partners, spouses, siblings,) and friends of individuals who experience mental health and/or substance use disorders. The group will run once weekly as scheduled below. You may attend any number of sessions you like. The sessions will be 90 minutes in length. All sessions are located at 250 Collea St.

*Session #1 - Stigma and Caring for the Caregiver,
Mon. Feb 22,, 2010 6:00 pm - 7:30pm
Location: Room 801*

*Session #2 - NAVIGATING THE MENTAL HEALTH CARE SYSTEM, & COMMUNITY RESOURCES,
Mon. March 1, 2010 at 6:00 pm - 7:30pm
Location: Room 801*

*Session #3 - CRISIS INTERVENTION
Mon. March 8, 2010 at 6:00pm - 7:30pm
Location: Room 801*

*Session #4 - Effective Communication Strategies
Mon. March 15,, 2010 at 6:00pm - 7:30pm
Location: Room 801*

*Session #5 - PROBLEM SOLVING & CLOSING SESSION
Mon. March 22, 2010 at 6:00pm - 7:30pm
Location: Room 801*

For more information please contact (416) 535-8501:

*CATS - Ellie Munn RSW (x4549)
Women's Program - Susan Green RN (x4089)*

EDUCATIONAL EVENING FOR FAMILY MEMBERS

The CAMH FAMILY ADDICTION SERVICE is offering educational evenings for family members and friends who would like to learn more about substance use.

This is a free program and will be offered over 2 evenings.

The topics for the session will include:

- Understanding Recovery
- Coping Strategies
- Treatment Options

DATE: WEDNESDAY, Mar. 3, 2010 (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:
Linda Tait 416-535-8501, x7065

(Please state, name, phone number, and which sessions you plan to attend on voice mail messa



Family Support Groups for the Law and Mental Health Program

We are running a Family Support group for those in the Law and Mental Health Program as we feel that there is a double stigma in both having a family member who has a major mental illness AND involvement with the courts.

Time

10am – 12pm March 6th 2010

Location

First floor of unit 1 at 1001 Queen Street West

All inquiries can be directed to

Linda Pawluch MSW, RSW
Social Worker
Law and Mental Health Program Treatment Unit 1-3
Centre for Addiction and Mental Health
1001 Queen St. W.
Toronto, ON, M6J 1H4
Tlf: 416-535-8501 ext. 2894
Fax: 416-583-1252
Email: linda_pawluch@camh.net



The Schizophrenia Program at CAMH, the Schizophrenia Society of Ontario and SiG@MaRS present:

Dr. Fred Frese.

Schizophrenia: Changing Minds

Please join us for this exciting informational event with the passionate and dynamic

Dr. Frese is a prolific writer and an outstanding public speaker, respected both for his sense of humor and his remarkable ability to translate research and public policy into usable information for his audiences.

Dr. Frese is living proof that schizophrenia does not define an individual. His talent, openness, and intelligence on the topic of recovery from schizophrenia have made huge progress in empowering individuals and changing the way people think about mental illness in general.



Diagnosed with schizophrenia when he was 25, Dr. Frese is a psychologist who has specialized in the area of schizophrenia for over 40 years, working tirelessly as a practitioner and advocate for consumers and their families.

Monday March 22, 2010
7:00 - 9:00 pm
MaRS Discovery District
(Lower concourse auditorium)
101 College St.
Toronto ON

Room G58
250 College Street (College and Spadina)
Toronto, Ontario
M5T 1R8
Underground parking (for Russell Street and College Street) is available. There is also street meter parking if underground parking is unavailable.

THE FAMILY COUNCIL PRESENTS



**MENTAL HEALTH & PRIVACY LAWS:
ONTARIO'S PROBLEMS
OTHER PROVINCES' SOLUTIONS**

FREE REGISTRATION

Featuring: **John E. Gray PhD**

Dr John Gray is one of Canada's leading authorities on mental health legislation. He is lead author of the book *Canadian Mental Health Law and Policy*, contributed to the *Globe and Mail* series, *Breakdown, Canada's Mental Health Crisis*, and was invited by the current Select Committee on Mental Health and Addictions of the Ontario legislature to discuss these issues.

Dr Gray, a psychologist, has worked closely with families all his professional life as a clinician, administrator and policy advisor. He is a past president of the Schizophrenia Society of Canada and is an active member of the British Columbia Schizophrenia Society's provincial and Victoria boards.

THURSDAY, MARCH 4th, 2010

TIME

7:00 pm to 8:30 pm

Time for questions following presentation.

LOCATION

Please RSVP to Jyll Simmons
416-535-8501 EXT 6490
Or
familycouncil@camh.net

www.thefamilycouncil.ca

You are invited to a party to honour

Family Council Members



—There is no charge—

**An evening of dinner and music
Meet other Family Council members
as well as our Board of Directors
and the new Coordinator**

**Know someone who might like to join?
Want to bring your spouse?
Bring one or both along**

Wednesday, March 31st 2010

6pm-9pm

**Free Times Café
320 College Street**

**Please RSVP by March 15th
FamilyCouncilOffice@camh.net**

416-535-8501 x6490

(Coming by yourself or with others?)



2010 EDUCATION SERIES

Date: Tuesday March 16, 2010

Topic: **Toronto Mental Health and Addictions Supportive Housing Network**
Overview of a new coordinated access system for subsidized housing in Toronto.

Speaker: Alyssa Henning, M.A.P.P.A.
Program Manager
Coordinated Access to Supportive Housing

LOCATION

Fairfield Seniors' Centre 80 Lothian Avenue, Rm 3 (South of Islington/Bloor intersection. Turn East from Islington onto Springbrook Gardens, at the second intersection, turn Right onto Lothian)

TIME

All Meetings Are Held 7:00 p.m. - 8:30 p.m.

FREE REGISTRATION

Mary Jursinic 416-207-5032 ext. 29

www.fameforfamilies.com

Hong Fook Mental Health Association

Mandarin Family Support Group

Date/Time: Meet once a month, on every last Friday evening, from 7:00pm to 9:00pm

Address: 3320 Midland Ave, Unit 201 Scarborough

Target Mandarin Speaking Family Members of individuals with mental illness

Content

- Introduction on Mental Health and Mental Illness;
- Recovery path: Medications and other Treatments;
- Community Resources;
- Family's Roles in Coping with the Challenges of Mental Illness

Fee Free

416-493-4242 EXT 2250 Ming Yin