



# Family Outreach and Response Program

## Fall 2008 Programming

We offer support and education for families experiencing mental health distress through one on one support, recovery courses, and family support groups.

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### Course Dates and Times

#### **Downtown Toronto:** Family Recovery Education Series 10 Week Program

Starting Thursday September 25th  
Thursday 6:30pm- 8:45pm. To register please contact Emily Collette at 416-535-8501 ext. 1927

#### **Downtown Toronto:** Early Psychosis and Recovery Course: H.A.S.T.E Help and Support Through Education 10 Week Program

Starting September 22nd  
6:30-8:30pm Monday Evenings, To register contact Krista MacKinnon 416-535-8501 ext. 1935

#### **Scarborough:** Early Psychosis and Recovery Course: H.A.S.T.E Help and Support Through Education

Starting September 18th  
6:30pm to 8:30 Thursday Evenings. To register please contact Marian Dalal at (416) 439-2253

#### **Scarborough:** Group Support

Peer Support: The third Monday of every month. Education Support: The third Tuesday of every month. Call for location and details. (416) 439-2253

#### **Location TBA:** 4 Part Education Series

Starting September 22nd, Four Weeks. 6:30-8:30pm. Monday Evenings. For more details about this group contact Karyn Baker 416-535-8501 ext. 2011

### Family Recovery Education Series

Offered at 720 Spadina, Suite 316.

This course gives families an opportunity to learn how to create an environment that will nurture their family member's recovery process. Families also explore ways to take care of themselves and grow in their own recovery process. Some topics discussed are: barriers to mental health recovery, the power of hope, stages of change and motivation, and much more.

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### Early Psychosis and Recovery Course: H.A.S.T.E Help and Support Through Education

Offered both at 2100 Ellesmere, Suite 302 and 720 Spadina Suite 316.

This course has been designed for relatives and friends of young adults (between the ages of 14 and 35) experiencing early psychosis. This course provides families with the knowledge and training that will enable them to better understand psychosis and the role of the family in healing and recovery. It offers tips, tools, techniques and a group process to share, support and learn in a safe environment.

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### Monthly Support Groups

Offered at 2100 Ellesmere, Suite 302

Monthly peer support groups give people the opportunity to share successes and challenges involved in being a support person to someone in recovery. Education support groups act as a forum for discussing specific topics, literature about mental health recovery, videos, and related educational materials and events.

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### Understanding The Family Role When People Appear Unmotivated

Location To Be Determined.

A four part education series that draws on the work of Patricia Deegan- A psychiatric survivor who was diagnosed with schizophrenia as a teenager and later received her doctorate in clinical psychology. The curriculum will help families to understand and friends to provide more effective support and compassionate understanding for those psychiatrically diagnosed who appear unmotivated.