



# NOVEMBER 2023

## FOR CAREGIVERS LOCAL SUPPORT GROUPS, COURSES AND HELPFUL RESOURCES

[www.embracecaregivers.ca](http://www.embracecaregivers.ca)

### SUPPORT GROUPS:

DATE	TIME	SUPPORT GROUP	LOCATION	HOW TO REGISTER	WEBSITE
November 2, 16, 30	7:00-8:50 p.m.	Hope + Me – Mood Disorders Association of Ontario	Virtual	613 526-5406	
November 2, 9, 16, 23, 30	1:30-6:30 p.m.	Free Walk-in Counselling Clinic (Inspire)	In Person	613 932-4610 Ext. 136	
November 6, 13, 20, 27	6:30-8:30 p.m.	Psychiatric Survivors of Ottawa Family Peer Support Group & Recovery Connections	In Person	<a href="#">Click here</a>	
November 8	7:00-9:00 p.m.	Ottawa Family Support Group Supporters' Circle: OCD and Related Disorders	Virtual	<a href="#">Click here</a>	
November 14, 28	6:00-7:00 p.m.	Cornwall & District Family Support Group – North Glengarry & Cornwall	Virtual	613-527-1201 or <a href="mailto:james@listentofamilies.ca">james@listentofamilies.ca</a>	<a href="#">Click here</a>
November 16	6:00-7:00 p.m.	Cornwall & District Family Support Group – North Glengarry & Cornwall	In Person 850 McConnell	613-527-1201 or <a href="mailto:james@listentofamilies.ca">james@listentofamilies.ca</a>	<a href="#">Click here</a>
Various Dates	6:00-8:30 p.m.	The Royal – Support and Education Groups	Virtual	<a href="#">Click here</a>	
Various Dates	12:00-1:00 pm	McMaster University – Caregiving Essentials	Virtual	<a href="#">Click here</a>	
Various Days	Various Times	Centre de santé communautaire de l'Estrie	Virtual	613 937-2683 poste 234	
Various Days	Various Times	Intensive Family Support			<a href="#">Click here</a>
Various Days	Various Times	Living With Adult Children - Empowering Parents	Virtual	<a href="#">Click here</a>	
Various Days	Various Times	Ontario Caregiver Association	Virtual		<a href="#">Click here</a>
Various Days	Various Times	Alzheimer Society Support Groups for Caregivers	Virtual/In Person	613-934-4914 ext. 202	<a href="#">Click here</a>
Various Days	Various Times	Borderline Personality Disorder (BPD) - Ottawa Groups	Virtual/In Person		<a href="#">Click here</a>
Various Days	Various Times	Bereaved Families of Ontario – South Eastern Region	In Person	<a href="#">Click here</a>	<a href="#">Click here</a>
Various Days	Various Times	Bereaved Families of Ontario – Ottawa	Virtual		<a href="#">Click here</a>
Various Days	Various Times	Al-Anon/Al-Ateen/NA			<a href="#">Click here</a>
Various Days	Various Times	Pleo (Parents' Lifeline of Eastern Ontario) – Support Groups	Virtual	<a href="mailto:info@pleo.on.ca">info@pleo.on.ca</a>	<a href="#">Click here</a>
Various Days	Various Times	Support Group for DID (Dissociative Identity Disorder) Families	Virtual	613-854-8863 or <a href="mailto:ethelhumphreys@hotmail.com">ethelhumphreys@hotmail.com</a>	<a href="#">Click here</a>

# FOR CAREGIVERS – COURSES/GROUPS AND HELPFUL RESOURCES

## UPCOMING/ONGOING

COURSE/GROUP TITLE	LOCATION	HOW TO REGISTER
Addictions Family Support Group	In Person	<a href="mailto:Corey.Mason@Cornwallhospital.ca">Corey.Mason@Cornwallhospital.ca</a> or 613-930-5090
Caregiving Essentials	Virtual	<a href="#">Click here</a>
Empowering Families Affected by Substance Use Problems	Virtual	<a href="#">Click here</a>
Family Connections – Borderline Personality Disorder training for family members (BPD - Ottawa) – Various information sessions for Caregivers	Virtual	<a href="#">Click here</a>
Family Connections – Borderline Personality Disorder training for family members (Sashbear Foundation)	Virtual	<a href="#">Click here</a>
Family Dialogue about Communication Workshop (Spring 2024) Registration already open	Virtual	<a href="#">Click here</a>
Recovery Academy Family & Friends Skill Building	Virtual	Email: <a href="mailto:info@recoveryacademy.ca">info@recoveryacademy.ca</a>
Seaway Valley Community Health Centre - Powerful Tools for Caregivers	Virtual	<a href="#">Click here</a> or call 1-888-936-0306 ext. 229
Smart Recovery for Families / CRAFT Program	Virtual	<a href="http://www.AccessMHA.ca">www.AccessMHA.ca</a> (go to Addiction Services)
The Royal – Family and Caregivers Information/Groups	Virtual	<a href="#">Click here</a>
10-week information sessions offered by the Royal on the Integrated Forensic System Program		<a href="mailto:familypeersupport1-forensic@theroyal.ca">familypeersupport1-forensic@theroyal.ca</a>
Hopewell – Community Support for Everybody Affected by an Eating Disorder - Friends & Family Support Group		<a href="#">Click here</a>

### **24/7 Crisis Line**

**1-866-996-0991**

The [Crisis Line](#) is the first point of public access to the world of mental health services for people who are experiencing serious mental health issues. This could include situational crisis, psychosis, severe depression, anxiety or suicidal behaviour.

Individuals, families or concerned friends may call the Crisis Line where our volunteer Crisis Line Responders will assess each situation, offer support and, if required, connect you with the appropriate Crisis Team in your area.

***Please note that the Crisis Line is not an emergency service.  
If you have an immediate life-threatening emergency, please dial 911.***

HELPFUL RESOURCES/VIDEOS	WEBSITE
Embrace Website for Caregivers and Providers	<a href="#">Click here</a>
EmpoweringParents.com	<a href="#">Click here</a>
Seaway Valley Healthcare – on-going programs	<a href="#">Click here</a>
The Ontario Caregiver Organization (OCO)	<a href="#">Click here</a>
Ottawa Network for Borderline Personality Disorder	<a href="#">Click here</a>
Steps to Justice - Family law, decision making and time with children	<a href="#">Click here</a>
Youth Services - Intensive Family Support	<a href="#">Click here</a>
YouTube Video: The Mental Health Act 101	<a href="#">Click here</a>
Video: The Mental Benefits of a Self-Care Regimen	<a href="#">Click here</a>
PLEO (Parents' Lifeline of Eastern Ontario) Helpline: 1-855-775-7005	