"Coping With Crisis"

This one-day Conference provides information to families on supporting a loved one with mental health issues throughout their lifespan

Previous Conference Participant Comments:

****"Well rounded! Well organized! Great variety!"*

****"Helped to see that I am not alone"*

****"Very practical suggestions made it feel do-able"*

****"Extremely positive!"*

THE FAMILY INITIATIVES PROJECT

Is funded by the Ministry of Health and Long Term Care. It represents family members from Waterloo Region, Wellington, Dufferin, Brant and Haldimand-Norfolk Counties.

Established in 1999, this Advisory Committee meets throughout the year to help direct the work of the **Family Ally Support Workers;** Canadian Mental Health Association (CMHA) staff whose task is to provide and improve services to family members of individuals who experience significant mental health issues.

MENTAL HEALTH IS A BALANCING ACT.

REACHING THAT BALANCE IS A LEARNING PROCESS.

EVERYONE IS AT A DIFFERENT BALANCE AT DIFFERENT TIMES IN THEIR LIFE.

RECOVERY IS:

AN INDIVIDUAL JOURNEY; MOVING TO ACTIVE PARTICIPATION IN LIFE; ACHIEVING UNDERSTANDING AND ACCEPTANCE ; THE RE-AWAKENING OF HOPE

"Coping With Crisis"

The 8th Annual

One-day Conference presented by family members, for family members and those providing support to individuals with mental health issues

Saturday,

March 5, 2011

9:00 a.m. - 3:30 p.m.

Grand Valley Golf & Country Club

1910 Roseville Road

North Dumfries, ON

519-623-8811

Proudly sponsored by:

The Family Initiatives Project

(Funded by the Ministry of Health and Long Term Care)

This year's conference will take place at: **The Grand Valley Golf & Country Club**
1910 Roseville Road
North Dumfries, ON N1R 5S2
519-623-8811

For a map and driving directions, visit their website at: www.grandvalleygolf.com

CONFERENCE AGENDA

8:30 a.m. - 9:00 a.m. - Registration & Continental Breakfast

9:00 a.m. - 9:30 a.m. - Welcome & Opening Remarks by Elaine Paton, Chair, Regional Family Initiatives Project

9:30 a.m. - 10:45 a.m.

"Concurrent Disorders"

Lisa Heikkila, MSW, RSW has been a Social Worker for over 30 years. She is currently employed at the Grand River Hospital in the Mental Health & Addiction Program. She will be providing an overview of concurrent disorders and the challenges of providing support and treatment to those with concurrent disorders and their families.

Conference Agenda continued….

Joanne Cleland, Mental Health Education and Promotion Facilitator, CMHA Haldimand-Norfolk Branch: Joanne will share her lived experience and journey to recovery. There will be the opportunity for questions and answers.

10:45 a.m. - 11:00 a.m. Break & Networking

11:00 a.m. - 12:15 p.m. "Coping With Suicide"
Tana Nash, Family Member and Coordinator of the Waterloo Region Suicide Prevention Council.
Tana will share her personal experience - from one family member to another: lessons learned from her experience of losing two family members to suicide, and what she would do differently.

12:15 p.m. - 1:15 p.m. Lunch

1:15 p.m. - 2:15 p.m. Judith Rosenburg and Laura Coughlin. Judith, the Founder and Director of Spark of Brilliance will share her family experience with her son Jay's mental illness. Laura's family is comprised of 6 children with various mental health issues. She is no stranger to mental health crisis situations, including over 100 visits to the hospital emergency department in a one year period.

2:15 p.m. - 2:30 p.m. Break

2:30 p.m. - 3:15 p.m. "Coping Strategies"
Laura McShane, CMHA Grand River Branch will provide family members with strategies to cope with crisis, build resilience and keep yourself well when things around you are falling apart.

Laura McCormack, Facilitator, Beautiful Minds, CMHA Grand River Branch: The experience of living through a crisis

3:15 p.m. - 3:30 p.m. Closing Remarks: Tracy Bramley, Co-Chairperson, Regional Family Initiatives Project

REGISTRATION FORM

Name: _____

E-Mail: _____

Organization / Address:

_____

Pre-Registration Deadline:
February 18, 2011
(No refunds after February 25, 2011)

To Register:

$30.00 cheque payable to: **CMHA, Grand River Branch** *(includes lunch, coffee breaks)*

Mail to:
Family Initiatives Project Registration
c/o Tracy Bramley
826887 Township Road 8, RR#1
Drumbo, ON N0J 1G0 519-463-6111

Questions?

Phone: 519-766-4450, Ext. 224

E-mail: mcshanel@cmhagrb.on.ca

Brant County Enquiries:
519-752-2998, ext. 112

E-mail: lill@cmhabrant.on.ca

Haldimand-Norfolk Enquiries:

Phone: 519-428-2380, ext. 211

E-mail: jcleland@cmha-hn.ca

If you are able to provide a ride to persons in your area, please check here ☐