

# RECLAIM YOUR HOPE



This one-day Conference provides information to families 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"*

*"Highly energized environment  
and atmosphere!"*

## **THE FAMILY INITIATIVES PROJECT**

Established in 1999, this Advisory Committee meets throughout the year to help direct the work of the **Family Ally Support Workers.**

Family members and Canadian Mental Health Association (CMHA) staff aim to provide and improve services to family members of individuals who experience significant mental health issues.

**MENTAL HEALTH ISSUES AFFECT  
1 IN 5 PEOPLE.**

**STIGMA IS THE #1 REASON PEOPLE  
DO NOT SEEK HELP FOR MENTAL  
HEALTH ISSUES.**

### **RECOVERY IS:**

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

***Reclaim Your H.O.P.E.***

## ***Healing Our Personal Experiences***

***Creative Tools for Families***

The 9th Annual One-day Conference presented by family members, for family members and those providing support to individuals with mental health issues

**Saturday,  
March 3, 2012  
8:30a.m. - 3:30 p.m.  
Grand Valley Golf &  
Country Club  
1910 Roseville Road  
Cambridge, 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  
Cambridge, ON  
N1R 5S2  
519-623-8811

For a map and driving directions, visit their website at:  
[www.grandvalleygolf.com](http://www.grandvalleygolf.com)

**CONFERENCE AGENDA**

- 8:30 - 8:50** Registration & Continental Breakfast
- 8:50 - 9:00** Welcome & Opening Remarks by:  
Bruce Poplow, Member, Conference Planning Committee
- 9:00 - 11:45** **"Creative Tools for Transforming Compassion Fatigue"** an interactive workshop, presented by Laura McShane & Sandra Parkinson from CMHA, Grand River Branch.
- 11:45 - 12:45** Lunch & Networking
- 12:45 - 1:45** **Recovery and Hope**  
Allan Strong of the Self-Help Alliance will present on the roles of recovery and hope in supporting a loved one through their mental health journey
- 1:45 - 2:15** **"A Family's Journey of Recovery"**
- 2:15 - 2:30** Break
- 2:30 - 3:15** **A Spark of Brilliance, Stand Up for Mental Health Comedy Troupe**, "Think mental illness is nothing to laugh about? Come and hear talented comedians turning their pain into humour, to help break down the stigma surrounding mental illness."
- 3:15 - 3:30** **Closing Remarks & Evaluations**  
Bonnie Sweeney, Member,  
Conference Planning Committee

**REGISTRATION FORM**

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Organization / Address: \_\_\_\_\_

**Pre-Registration Deadline:**

**February 18, 2012**  
(No refunds after February 25, 2012)

**To Register:**

**\$30.00** cheque payable to: **CMHA, Grand River Branch** (includes Continental Breakfast, Lunch, coffee breaks)

**Mail to:**

**Family Initiatives Project Registration**

Wren Diniz  
CMHA Grand River Branch,  
5420 Highway 6 North, Suite J100  
Guelph, ON N1H 6J2

**Questions?**

**Waterloo-Wellington Enquiries:**

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**E-mail:** [lill@cmhabrant.on.ca](mailto:lill@cmhabrant.on.ca)

**Haldimand-Norfolk Enquiries:**

**Phone:** 519-428-2380, ext. 211

**E-mail:** [jcleland@cmha-hn.ca](mailto:jcleland@cmha-hn.ca)



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