

Spring/Summer 2016 Family Peer Support Group Calendar (Mondays)

Meeting Dates:	Discussion Topics:
Mon April 4 th , 2016	Perfectionism in Perspective – Information and Open Discussion
Mon April 11 th , 2016	Open Discussion, Sharing and Support
Mon April 18 th , 2016	Reconnecting with the People We Love – Information and Open Discussion
Mon April 25 th , 2016	Open Discussion, Sharing and Support
Mon May 2 nd , 2016	Language Matters – Information and Open Discussion
Mon May 9 th , 2016	Open Discussion, Sharing and Support
Mon May 16 th , 2016	I Cannot Do It Alone ... Delegation - Information and Open Discussion
Mon May 23 rd , 2016	<i>STATUTORY HOLIDAY – Psychiatric Survivors of Ottawa CLOSED</i>
Mon May 30 th , 2016	Treatment? Listen, Empathize, Agree, Partner – Part 1 – Information and Open Discussion
Mon June 6 th , 2016	Open Discussion, Sharing and Support
Mon June 13 th , 2016	Treatment? Listen, Empathize, Agree, Partner – Part 2 – Information and Open Discussion
Mon June 20 th , 2016	Open Discussion, Sharing and Support
Mon June 27 th , 2016	Coping with Loss and Grief - Information and Open Discussion
Mon July 4 th , 2016	Open Discussion, Sharing and Support
Mon July 11 th , 2016	Facing Your Feelings – Information and Open Discussion
Mon July 18 th , 2016	Open Discussion, Sharing and Support
Mon July 25 th , 2016	Choosing Happiness - Information and Open Discussion
Mon Aug 1st, 2016	STATUTORY HOLIDAY – CLOSED
Mon Aug 8 th , 2016	Showing Appreciation & Being Honest - Information and Open Discussion
Mon Aug 15 th , 2016	Open Discussion, Sharing and Support
Mon Aug 22 nd , 2016	Letting Go of Resentment - Information and Open Discussion
Mon Aug 29 th , 2016	Open Discussion, Sharing and Support

Meeting Location: The Bronson Centre - 211 Bronson Ave. Room 215, Ottawa K1R 6H5 *

* Free evening parking available behind the building off Nepean St.

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