



## Spring/Summer 2016 - Family Peer Support Group Calendar (Wednesdays)

Meeting Dates:	Discussion Topics:
Wed March 16 <sup>th</sup> 2016	<b>The Road to Resilience</b> - Information and Open Discussion
Wed March 23 <sup>rd</sup> , 2016	<ul style="list-style-type: none"> <li>❖ Potluck Dinner</li> <li>❖ Guest Speaker – Peer Support Worker - <b>Personal Recovery Journey</b></li> </ul>
Wed March 30 <sup>th</sup> , 2016	<b>Perfectionism in Perspective</b> – Information and Open Discussion
Wed April 6 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed April 13 <sup>th</sup> , 2016	<b>Reconnecting with the People we Love</b> – Information and Open Discussion
Wed April 20 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed April 27 <sup>th</sup> , 2016	<b>Language Matters</b> – Information and Open Discussion
Wed May 4 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed May 11 <sup>th</sup> , 2016	<b>I Cannot Do It Alone... Delegation</b> - Information and Open Discussion
Wed May 18 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed May 25 <sup>th</sup> , 2016	<b>Treatment? Listen, Empathize, Agree, Partner – Part 1</b> – Information and Open Discussion
Wed June 1 <sup>st</sup> , 2016	Open Discussion, Sharing and Support
Wed June 8 <sup>th</sup> , 2016	<b>Treatment? Listen, Empathize, Agree, Partner – Part 2</b> – Information and Open Discussion
Wed June 15 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed June 22 <sup>nd</sup> , 2016	<b>Coping with Loss and Grief</b> - Information and Open Discussion
Wed June 29 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed July 6 <sup>th</sup> , 2016	<b>Facing Your Feelings</b> – Information and Open Discussion
Wed July 13 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed July 20 <sup>th</sup> , 2016	<b>Choosing Happiness</b> - Information and Open Discussion
Wed July 27 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed Aug 3 <sup>rd</sup> , 2016	<b>Showing Appreciation &amp; Being Honest</b> - Information and Open Discussion
Wed Aug 10 <sup>th</sup> , 2016	Open Discussion, Sharing and Support
Wed Aug 17 <sup>th</sup> , 2016	<b>Letting Go of Resentment</b> - Information and Open Discussion
Wed Aug 24 <sup>th</sup> , 2016	<ul style="list-style-type: none"> <li>❖ Potluck Dinner</li> <li>❖ Guest Speaker – Peer Support Worker - <b>Personal Recovery Journey</b></li> </ul>
Wed Aug 31 <sup>st</sup> , 2016	<b>The Art of Extreme Self-Care</b> - Information and Open Discussion

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

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

For more information please contact: **Nathalie Cote** (613-567-4379 x 124) [NathalieC@pso-ottawa.ca](mailto:NathalieC@pso-ottawa.ca) or **Beata Ziolkowski** (613-567-4379 x 123) [BeataZ@pso-ottawa.ca](mailto:BeataZ@pso-ottawa.ca)

Supported by



[WWW.PSO-OTTAWA.CA](http://WWW.PSO-OTTAWA.CA)

Psychiatric Survivors of Ottawa  
313-211 Bronson Ave.  
Ottawa, ON. K1R 6H5  
Ph: 613-567-4379 Fax: 613-567-4495