



FEBRUARY 2024

FOR CAREGIVERS
LOCAL SUPPORT GROUPS, COURSES AND HELPFUL RESOURCES
www.embracecaregivers.ca

SUPPORT GROUPS

DATE	TIME	SUPPORT GROUP	LOCATION	HOW TO REGISTER	WEBSITE
February 1, 15	7:00-8:50 p.m.	Hope + Me – Mood Disorders Association of Ontario	Virtual	613-526-5406	Click here
February 1, 8, 15, 22, 29	7:00-8:30 p.m.	Smart Recovery for Families - Pleo (Parents' Lifeline of Eastern Ontario) – Support Groups	Virtual	info@pleo.on.ca	Click here
February 1, 8, 15, 22, 29	1:30-6:30 p.m.	Free Walk-in Counselling Clinic (Inspire)	In Person	613 932-4610 Ext. 127	Click here
February 2, 9, 16, 23	6:30-8:30 p.m.	Psychiatric Survivors of Ottawa Family Peer Support Group & Recovery Connections	In Person/Virtual	Click here	
February 6	7:00-8:30 p.m.	Let's Talk, but how?	Virtual	Click here	
February 6 to 27		The SCALE Program (Supporting Caregiver Awareness, Learning and Empowerment) Session 1	Virtual/In Person	Click here	
February 7	6:00-8:30 p.m.	LEAP Training - How to communicate with people who are struggling with serious mental illness	Virtual	Click here	
February 13	6:00-7:00 p.m.	Cornwall & District Family Support Group – North Glengarry & Cornwall	Virtual	613-527-1201 or james@listentofamilies.ca	Click here
February 14, 28	7:00-9:00 p.m.	Ottawa Family Support Group Supporters' Circle: OCD and Related Disorders	Virtual		Click here
February 15	6:00-7:00 p.m.	Cornwall & District Family Support Group – North Glengarry & Cornwall	In Person 850 McConnell Ave.	613-527-1201 or james@listentofamilies.ca	Click here
Various Dates	Various Times	Hopewell – Community Support for Everybody Affected by an Eating Disorder	Virtual	programs@hopewell.ca	Click here
Various Dates	12:00-1:00 pm	McMaster University – Caregiving Essentials	Virtual	Click here	
Various Days	Various Times	Centre de santé communautaire de l'Estrie	Virtual	613-937-2683 ext. 234	Click here
Various Days	Various Times	Intensive Family Support – Youth Services Bureau			Click here
Various Days	Various Times	Ontario Caregiver Association	Virtual		Click here
Various Days	Various Times	Alzheimer Society Support Groups for Caregivers	Virtual/In Person	613-934-4914 ext. 202	Click here
Various Days	Various Times	Borderline Personality Disorder (BPD) - Ottawa Groups	Virtual/In Person		Click here
Various Days	Various Times	Bereaved Families of Ontario – South Eastern Region	In Person	Click here	Click here
Various Days	Various Times	Al-Anon/Al-Ateen/NA			Click here
Various Days	Various Times	Pleo (Parents' Lifeline of Eastern Ontario) – Support Groups	Virtual	info@pleo.on.ca	Click here
Various Days	Various Times	Support Group for DID (Dissociative Identity Disorder) Families	Virtual	613-854-8863 or ethelhumphreys@hotmail.com	Click here

FOR CAREGIVERS – COURSES/GROUPS AND HELPFUL RESOURCES

UPCOMING/ONGOING

COURSE/GROUP TITLE	LOCATION	HOW TO REGISTER
Addictions Family Support Group	In Person	Corey.Mason@Cornwallhospital.ca or 613-930-5090
All IN Family – Online Family Peer Support Groups	Virtual	Click here
Caregiving Essentials	Virtual	Click here
Empowering Families Affected by Substance Use Problems	Virtual	Click here
Family Connections – Borderline Personality Disorder training for family members (BPD - Ottawa) – Various information sessions for Caregivers	Virtual	Click here
Family Connections – Borderline Personality Disorder training for family members (Sashbear Foundation)	Virtual	Click here
Family Dialogue about Communication Workshop (April 3, 2024) *Registration is open	Virtual	Click here
Recovery Academy Family & Friends Skill Building	Virtual	Email: info@recoveryacademy.ca
Seaway Valley Community Health Centre - Powerful Tools for Caregivers	Virtual	Click here or call 1-888-936-0306 ext. 229
Smart Recovery for Families / CRAFT Program	Virtual	www.AccessMHA.ca (go to Addiction Services)
The Royal – Family and Caregivers Information/Groups	Virtual	Click here
The SCALE Program (Strategies for Caregiver Mental Health & Well-Being) Session 2	Virtual/In Person	Click here
10-week information sessions offered by the Royal on the Integrated Forensic System Program		familypeersupport1-forensic@theroyal.ca

HELPFUL RESOURCES/VIDEOS	WESBITE
Embrace Website for Caregivers and Providers	Click here
EmpoweringParents.com	Click here
Seaway Valley Healthcare – on-going programs	Click here
The Lifeline App	Click here
The Ontario Caregiver Organization (OCO)	Click here
Ottawa Network for Borderline Personality Disorder	Click here
Steps to Justice - Family law, decision making and time with children	Click here
Youth Services - Intensive Family Support	Click here
YouTube Video: The Mental Health Act 101	Click here
Video: The Mental Benefits of a Self-Care Regimen	Click here
AccessMHA	Click here
1Call1Click	Click here
Pleo (Parents’ Lifeline of Eastern Ontario) Helpline: 1-855-775-7005	

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.

NEW! 24/7 Suicide Crisis Helpline

Dial 9-8-8

This line gives people access to suicide prevention services via call or text, anywhere in Canada.

If you have an immediate life-threatening emergency, please dial 911.