



# NOVEMBER 2024

**FOR CAREGIVERS**  
**LOCAL SUPPORT GROUPS, COURSES AND HELPFUL RESOURCES**  
[www.embracecaregivers.ca](http://www.embracecaregivers.ca)

## SUPPORT GROUPS

DATE	TIME	SUPPORT GROUP	LOCATION	HOW TO REGISTER	WEBSITE
November 4, 18, 25	6:30-8:30 pm	Psychiatric Survivors of Ottawa Family Peer Support Group & Recovery Connections	In Person/Virtual	<a href="#">Click here</a>	
November 5	6:00-7:30 p.m.	Mastering Boundaries: Effective communication for health relationships	Virtual	<a href="#">Click here</a>	
November 5, 19	6:00-7:00 pm	Cornwall & District Family Support Group – North Glengarry & Cornwall	Virtual	613-527-1201 or <a href="mailto:james@listentofamilies.ca">james@listentofamilies.ca</a>	<a href="#">Click here</a>
November 6, 20	7:00-9:00 pm	Ottawa Family Support Group Supporters’ Circle: OCD and Related Disorders	Virtual		<a href="#">Click here</a>
November 7, 14, 21, 28	7:00-8:30 pm	Smart Recovery for Families - Pleo (Parents’ Lifeline of Eastern Ontario)	Virtual	<a href="mailto:info@pleo.on.ca">info@pleo.on.ca</a>	<a href="#">Click here</a>
November 7, 14, 21, 28	1:30-6:30 pm	Free Walk-in Counselling Clinic (Inspire)	In Person	613 932-4610 Ext. 127	<a href="#">Click here</a>
November 21	6:00-7:00 pm	Cornwall & District Family Support Group – North Glengarry & Cornwall	In Person 850 McConnell Ave.	613-527-1201 or <a href="mailto:james@listentofamilies.ca">james@listentofamilies.ca</a>	<a href="#">Click here</a>
Various Dates	Various Times	Hopewell – Community Support for Everybody Affected by an Eating Disorder	Virtual	<a href="mailto:programs@hopewell.ca">programs@hopewell.ca</a>	<a href="#">Click here</a>
Various Dates	12:00-1:00 pm	McMaster University – Caregiving Essentials	Virtual	<a href="#">Click here</a>	
Various Days	Various Times	Centre de santé communautaire de l’Estrie	Virtual	613-937-2683 ext. 234	<a href="#">Click here</a>
Various Days	Various Times	Intensive Family Support – Youth Services Bureau			<a href="#">Click here</a>
Various Days	Various Times	Ontario Caregiver Association	Virtual		<a href="#">Click here</a>
Various Days	Various Times	Alzheimer Society Support Groups for Caregivers	Virtual/In Person	613-934-4914 ext. 202	<a href="#">Click here</a>
Various Days	Various Times	Borderline Personality Disorder (BPD) - Ottawa Groups	Virtual/In Person		<a href="#">Click here</a>
Various Days	Various Times	Bereaved Families of Ontario – Southeastern Region	In Person	<a href="#">Click here</a>	<a href="#">Click here</a>
Various Days	Various Times	Al-Anon/Al-Ateen/NA			<a href="#">Click here</a>
Various Days	Various Times	Pleo (Parents’ Lifeline of Eastern Ontario) – Support Groups	Virtual/In Person	<a href="mailto:info@pleo.on.ca">info@pleo.on.ca</a>	<a href="#">Click here</a>
Various Days	Various Times	Support Group for DID (Dissociative Identity Disorder) Families	Virtual	613-854-8863 or <a href="mailto:ethelhumphreys@hotmail.com">ethelhumphreys@hotmail.com</a>	<a href="#">Click here</a>

# FOR CAREGIVERS – COURSES/GROUPS AND HELPFUL RESOURCES

## UPCOMING/ONGOING

COURSE/GROUP TITLE	LOCATION	HOW TO REGISTER
Addictions Family Support Group	In Person	<a href="mailto:Corey.Mason@Cornwallhospital.ca">Corey.Mason@Cornwallhospital.ca</a> or 613-930-5090
All IN Family – Online Family Peer Support Groups	Virtual	<a href="#">Click here</a>
Empowering Families Affected by Substance Use Problems	Virtual	<a href="#">Click here</a>
BPD Ottawa: Family Connections - Borderline Personality Disorder training for family members	Virtual	<a href="#">Click here</a>
Sashbear Foundation: Family Connections – Borderline Personality Disorder training for family members	Virtual	<a href="#">Click here</a>
Recovery Academy Family & Friends Skill Building	Virtual	Email: <a href="mailto:info@recoveryacademy.ca">info@recoveryacademy.ca</a>
Powerful Tools for Caregivers	Virtual	<a href="#">Click here</a>
Seaway Valley Community Health Centre - Powerful Tools for Caregivers	Virtual	<a href="#">Click here</a> or call 1-888-936-0306 ext. 229
Smart Recovery for Families / CRAFT Program	Virtual	<a href="http://www.AccessMHA.ca">www.AccessMHA.ca</a> (go to Addiction Services)
The Royal – Family and Caregivers Information/Groups/Newsletter	Virtual	<a href="#">Click here</a>
10-week information sessions offered by the Royal on the Integrated Forensic System Program		<a href="mailto:familypeersupport1-forensic@theroyal.ca">familypeersupport1-forensic@theroyal.ca</a>
Robyn Priest Workshops		<a href="#">Click here</a>

HELPFUL RESOURCES/VIDEOS	WEBSITE
Embrace Website for Caregivers and Providers	<a href="#">Click here</a>
EmpoweringParents.com	<a href="#">Click here</a>
Seaway Valley Healthcare – on-going programs	<a href="#">Click here</a>
The Lifeline App	<a href="#">Click here</a>
The Ontario Caregiver Organization (OCO)	<a href="#">Click here</a>
Ottawa Network for Borderline Personality Disorder	<a href="#">Click here</a>
Steps to Justice - Family law, decision making and time with children	<a href="#">Click here</a>
Youth Services - Intensive Family Support	<a href="#">Click here</a>
YouTube Video: The Mental Health Act 101	<a href="#">Click here</a>
Video: The Mental Benefits of a Self-Care Regimen	<a href="#">Click here</a>
AccessMHA	<a href="#">Click here</a>
1Call1Click	<a href="#">Click here</a>
Virtual Primary Care Clinic	<a href="#">Click here</a>
Emotion Coaching for Caregivers	<a href="#">Click here</a>
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.***