



JANUARY 2025

FOR CAREGIVERS LOCAL SUPPORT GROUPS, COURSES AND HELPFUL RESOURCES

www.embracecaregivers.ca

SUPPORT GROUPS

DATE	TIME	SUPPORT GROUP	LOCATION	HOW TO REGISTER	WEBSITE
January 6, 13, 20, 27	6:30-8:30 pm	Psychiatric Survivors of Ottawa Family Peer Support Group & Recovery Connections	In Person/Virtual	Click here	
January 7, 21	6:00-7:00 pm	Cornwall & District Family Support Group – North Glengarry & Cornwall	Virtual	613-527-1201 or james@listentofamilies.ca	Click here
January 7	6:00-7:30 pm	Understanding the Impact of Trauma	Virtual	Click here	
January 9, 16, 23, 30	7:00-8:30 pm	Smart Recovery for Families - Pleo (Parents' Lifeline of Eastern Ontario)	Virtual	info@pleo.on.ca	Click here
January 9, 16, 23, 30	1:30-6:30 pm	Free Walk-in Counselling Clinic (Inspire)	In Person	613 932-4610 Ext. 127	Click here
January 14 - March 4	6:30–8:00 pm	Parents of Suicidal Youth Virtual Support Group	Virtual	Click here	
January 15	7:00-9:00 pm	Ottawa Family Support Group Supporters' Circle: OCD and Related Disorders	Virtual		Click here
January 16	6:00-7:00 pm	Cornwall & District Family Support Group – North Glengarry & Cornwall	In Person 850 McConnell Ave.	613-527-1201 or james@listentofamilies.ca	Click here
January 22	12:00-1:00 pm	Navigating ADHD: Unpacking Myths, Realities and Practical Support For Neurodiverse Children and Youth	Virtual	Click here	
January 28	5:00-7:00 pm	Practical Strategies for Daily Living with Schizophrenia: Cognitive Adaptation Training (CAT)	Virtual	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 – Southeastern 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/In Person	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 *Registration is open	Virtual	Click here
Recovery Academy Family & Friends Skill Building	Virtual	Email: info@recoveryacademy.ca
Powerful Tools for Caregivers	Virtual	Click here
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/Newsletter	Virtual	Click here
10-week information sessions offered by the Royal on the Integrated Forensic System Program		familypeersupport1-forensic@theroyal.ca
Robyn Priest Workshops		Click here

HELPFUL RESOURCES/VIDEOS	WEBSITE
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
1Call1Click (Birth to 21 years of age)	Click here
Support for mental health, addictions, substance use health and neurodevelopmental health	
AccessMHA (16+ years of age) - Support for mental health, substance use health and addiction	Click here
Virtual Primary Care Clinic	Click here
Emotion Coaching for Caregivers	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, dial 911.