



# SEPTEMBER 2025

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

## SUPPORT GROUPS

DATE	TIME	SUPPORT GROUP	LOCATION	HOW TO REGISTER	WEBSITE
September 2, 16	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>
September 2	6:00-7:30 pm	The Royal – Family Information Group Presentations - Updates in Drug Treatments Available for Schizophrenia	Virtual	<a href="#">Click here</a>	
September 4,11,18,25	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>
September 4, 11, 18, 25	1:00-6:00 pm	Free Walk-in Counselling Clinic (Inspire)	In Person 1424 Aubin Ave.	No appointment/registration required 613 932-4610 Ext. 127	<a href="#">Click here</a>
September 8, 15, 22, 29	6:30-8:30 pm	Psychiatric Survivors of Ottawa Family Peer Support Group & Recovery Connections	In Person/Virtual	<a href="#">Click here</a>	
September 9, 16, 23, 30	6:30-8:30 pm	Strengthening Families Together	Virtual	<a href="#">Click here</a>	
September 11	7:00-9:00 pm	Ottawa Family Support Group Supporters’ Circle: OCD and Related Disorders			<a href="#">Click here</a>
September 18	6:00-7:00 pm	Cornwall & District Family Support Group – North Glengarry & Cornwall	Virtual & In Person	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="mailto:info@ysb.ca">info@ysb.ca</a> or 613-562-3004	<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	613-932-4914	<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 Dissociative Identity Disorder (DID) Families	Virtual	<a href="mailto:ethelhumphreys@hotmail.com">ethelhumphreys@hotmail.com</a>	<a href="#">Click here</a>

## COURSES/GROUPS AND HELPFUL RESOURCES

UPCOMING/ONGOING	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
SCALE Program – Nurturing mental health and wellness for caregivers (October 9 – December 2) 9 weeks	Virtual	<a href="#">Click here</a>
All IN Family – Online Family Peer Support Groups	Virtual	<a href="#">Click here</a>
Caregiving Essentials	Virtual	<a href="#">Click here</a>
Empowering Families Affected by Substance Use Problems	Virtual	<a href="#">Click here</a>
Family Connections – Borderline Personality Disorder training for family members (on-bpd) Ottawa	Virtual	<a href="#">Click here</a>
Family Connections – Borderline Personality Disorder training for family members (Sashbear Foundation)	Virtual	<a href="#">Click here</a>
Family Dialogue about Communication Workshop *Registration is open	Virtual	<a href="#">Click here</a>
Recovery Academy Family & Friends Skill Building	Virtual	<a href="mailto:info@recoveryacademy.ca">info@recoveryacademy.ca</a>
Powerful Tools for Caregivers	Virtual	<a href="#">Click here</a>
Pleo - Journaling as a Wellness Tool	Virtual	<a href="#">Click here</a>
Pleo - Parents of Suicidal Youth Virtual Support Group	Virtual	<a href="#">Click here</a>
Psychiatric Survivors of Ottawa - FAMILY WELLNESS RECOVERY ACTION PLAN (FAMILY WRAP®) - Dates TBD	In Person 8 weeks	<a href="#">Click here</a>
Psychiatric Survivors of Ottawa - FAMILY DIALOGUE ABOUT COMMUNICATION - Dates TBD	Virtual (ZOOM)	<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)
Robyn Priest Workshops - For anyone supporting someone with mental health challenges	Virtual	<a href="#">Click here</a>
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	Virtual	<a href="mailto:familypeersupport1-forensic@theroyal.ca">familypeersupport1-forensic@theroyal.ca</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>
ACCESS MHA	<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>

### **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.

### **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.***