

**Strengthening and  
Healing Families  
through the Mental  
Health Journey**



This one-day Conference provides information to families supporting a loved one with mental health issues, from children to teens to adults.

Previous Conference Participant  
Comments:

\*\*\*"Well rounded! Well organized!  
Great variety!"

\*\*\*"Helped to see that I am not  
alone"

\*\*\*"Very practical suggestions  
made it feel do-able"

\*\*\*"Extremely positive!"

**THE FAMILY INITIATIVES  
PROJECT**

Is funded by the Ministry of Health and Long Term Care. It represents family members from Waterloo Region, Wellington, Dufferin, Brant and Haldimand-Norfolk Counties.

Established in 1999, this Advisory Committee meets throughout the year to help direct the work of the **Family Ally Support Workers**; Canadian Mental Health Association (CMHA) staff whose task is to provide and improve services to family members of individuals who experience significant mental health issues.

**MENTAL HEALTH IS A  
BALANCING ACT.**

**REACHING THAT BALANCE IS  
A LEARNING PROCESS.**

**EVERYONE IS AT A DIFFERENT  
BALANCE AT DIFFERENT  
TIMES IN THEIR LIFE.**

**RECOVERY IS: AN INDIVIDUAL  
JOURNEY; MOVING TO ACTIVE  
PARTICIPATION IN LIFE;  
ACHIEVING UNDERSTANDING  
AND ACCEPTANCE;**

**THE RE-AWAKENING OF HOPE**

**Strengthening and  
Healing Families  
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Health Journey**

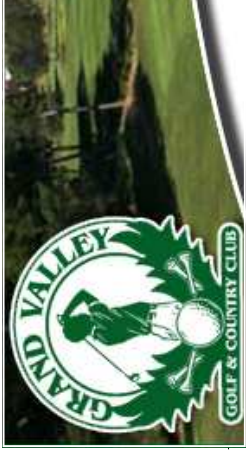


The 7th Annual

One-day Conference presented by family members, for family members and those providing support to individuals with mental health issues

**Saturday,  
March 6, 2010  
9:00 a.m. - 3:30 p.m.  
Grand Valley Golf &  
Country Club  
1910 Roseville Road  
Galt, ON  
519-623-8811**

Proudly sponsored by:  
The Family Initiatives Project  
(Funded by the Ministry of  
Health and Long Term Care)



This year's conference will take place at:

**The Grand Valley Golf & Country Club**

1910 Roseville Road

Galt, ON N1R 5S2

519-623-8811

For a map and driving directions, visit their website at: [www.grandvalleygolf.com](http://www.grandvalleygolf.com)

## CONFERENCE AGENDA

**8:30 a.m. - 8:50 a.m. - Registration & Continental Breakfast**

**8:50 a.m. - 9:00 a.m. - Welcome & Opening Remarks** by Elaine Paton, Chair, Regional Family Initiatives Project

**9:00 a.m. - 10:00 a.m. "Family Dynamics and Coping With Emotionally Intense Issues"**, presented by Doug Jones, Family Therapist, Your Way Counselling Services. *Doug will share tools for learning ways of managing strong emotions, so that difficult situations and their aftermath can be dealt with most effectively.*

Conference Agenda continued....

**10:00 a.m. - 10:15 a.m. Break & Networking Time.** Wordsworth Books will have a display of informative books for sale, relevant to the needs of family members living with mental illness.

**10:15 a.m. - 11:15 a.m. Mark Koiter, Community Resource Officer, Waterloo Regional Police.** *Mark will be speaking about families and police working together. The role of police in a crisis, what police can and cannot do. What families can do to assist police in a situation and create the best possible outcome for everyone.*

**11:15 a.m. - 12:15 p.m. Judith Rosenberg "Spark of Brilliance"**

**12:15 p.m. - 1:00 p.m. Lunch & Connecting Time**

**1:00 - 1:45 Psychologist, Dr. Lynette Eulette.** *Dr. Eulette will provide information about the types of services offered by psychologists and how they differ from those of psychiatry. She will also talk about how to be a "smart shopper" for a psychologist and provide time for questions and discussion.*

**1:45 - 2:30 Break & Activity** with Sue Lewis of Minds in Motion

**2:30 - 3:15 Family Panel** *This panel will feature 2 members from 3 different families discussing what support was especially helpful to the person being supported and why. The caregiver will share what they felt they were doing that was most helpful to the person they supported. This is a unique opportunity for families to view each situation from two differing points of view.*

**3:15 - 3:30 Closing Remarks & Evaluations**

Tracy Bramley, Co-Chairperson, Regional Family Initiatives Project

## REGISTRATION FORM

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

**Pre-Registration Deadline:**

**February 19, 2010**

(No refunds after February 26, 2010)

**To Register:**

**\$30.00** cheque payable to:

**Canadian Mental Health**

**Association, Grand River Branch**

(includes lunch, refreshments and materials)

**Mail to:**

**Family Initiatives Project**

**Registration**

c/o Tracy Bramley

826887 Township Road 8, RR#1

Drumbo, ON N0J 1G0 519-463-6111

**Questions?**

**Phone:** 519-766-4450, Ext. 224

**E-Mail:** [mcsahanel@cmhagrbr.on.ca](mailto:mcsahanel@cmhagrbr.on.ca)

**Brant County Enquiries:**

519-752-2998, ext. 112

**E-Mail:** [lill@cmhbrant.on.ca](mailto:lill@cmhbrant.on.ca)