

# Family Matters

Quarterly review by **Friends for Mental Health**, an association that helps families and friends who have a friend or relative with a mental illness.



Book Reviews

Some Changes at Friends

Anonymous Testimonial

Fall 2018

Vol. 37 Issue 4



# Executive Director's Message

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Art Therapist

**I**t's back to school time already. After such a beautiful summer, we hope to colour your fall with an enlightening program. We are introducing a new series of 4 art and movement workshops to help loosen the body and express your creativity. Jaimie, our Art Therapist and Counselor will return from maternity leave on October 2nd and, as the Youth Program and Art Therapy Coordinator, she will be offering a new Art Therapy Group Workshop for youth aged 13-24.

Friends for Mental Health would sincerely like to thank Andrew for his commitment, caring presence, contribution to the development of our services and his unwavering ability to cheer on the entire team. We will miss him. Andrew is leaving on September 7 to take on new challenges in Ottawa, his newly adopted city. We wish him every success and may he be challenged to the best of his abilities.

It is with great pleasure that we have welcomed to our team our two new psychosocial counselors, Victoria and most recently Kim. You will have the opportunity to read more about them later in this newsletter. They share the passion for our mission at Friends and we are confident that they will accompany and support you well.

We asked for your participation in documenting our needs analysis and we thank you for your collaboration. Our next strategic planning will certainly take into account your needs and suggestions.

Finally, I invite you to share our Facebook page posts as well as those from our other social networks. Please also watch for the launch of our new website this fall.

I wish you all a great fall season,

# FamilyMatters

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**Friends for  
Mental Health**

Strengthening families,  
supporting caregivers

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# Lost Connections - Book Review

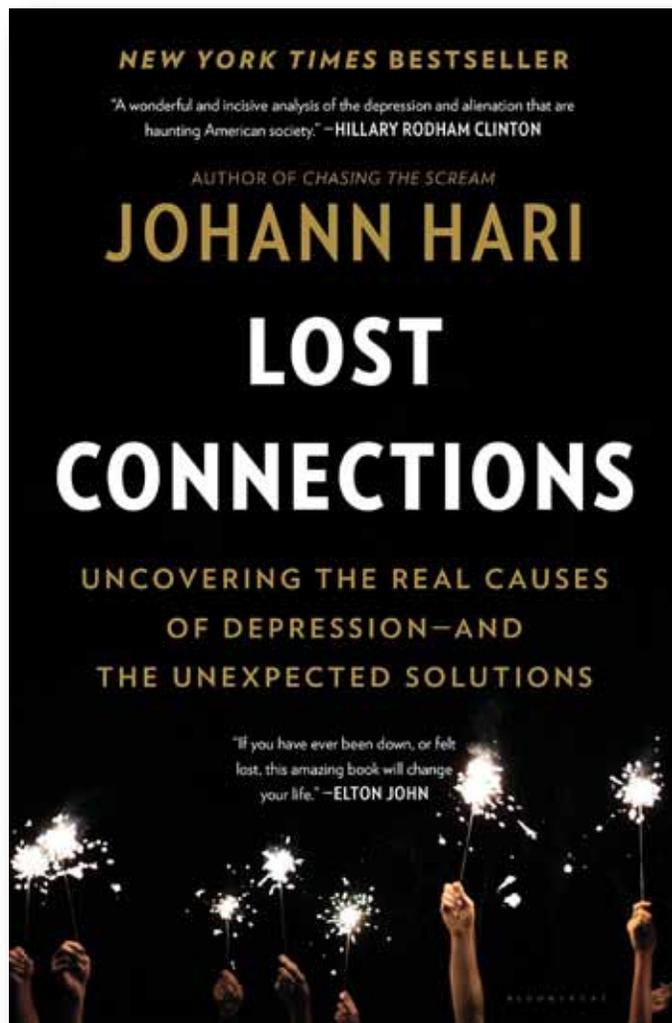
In his most recent book *Lost Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions*, acclaimed British-Swiss author & journalist Johann Hari takes his readers on a journey through his own path to understanding his long struggles with depression and anxiety, and how he feels what we think we know about depression and its treatment may all be wrong. Hari opens the book with a wrenching and forthright account of his early struggles with depression and anxiety throughout his teenage years and into adulthood. As a young adolescent, he suffered physical and emotional abuse at the hands of a close relative. Only later in young adulthood would Hari explore through psychotherapy the depth of suffering and abuse that was meted out to him and the toll this took in his life as it played a major role in chronic depression.

Hari explains that as a teenager he saw innumerable psychiatrists and tried a number of medications. He ran the gauntlet of high priced, well-educated psychiatric and psychological services in England. Yet, he felt on an intuitive and almost instinctual level that what he describes as 'biological determinant psychiatry' was only part of the picture in explaining his anguish. As a young adult, he tried a bevy of medications and he self-medicated, self-mutilation, and experienced panic attacks while his burgeoning literary career took off. However, he felt that there had to be a 'meaning in his suffering,' and that as British Psychologist Dr. Rufus May describes plaintively how Hari felt with regard to his medication and the treatment models provided, "you can only hope to drug the enemy within into submission- forever."

In the late 1890s, a European anthropologist, when exploring and trying to understand the destruction and transformation of the Crow First Nations in Montana by the arriving settlers and their forced 'Europeanization', asked a Crow leader how

he felt about these changes, who responded sagaciously saying, "I am trying to live a life I do not understand."

If you were to briefly summarize the thesis of Hari's



work and experience, it would be that. Depression is rooted equally as deeply in the biology of our species (Hari argues the reigning model the 'chemical imbalance theory' has weak evidence to support its validity), as they are in the way that we live our lives and the messages that the cultural zeitgeist broadcasts about what is 'healthy' and what it means to be 'well.'



As a journalist, he claims no expertise in the treating or diagnosing of mental illness, but expertly and methodically weaves the narrative of his lived experience with the mental health system through the countless interviews and conversations with leading researchers the world over. He attempts to change the paradigm on which our understanding of depression is built.

Hari takes his readers on a journey through the African Savanna, post-war Cambodia, the rough streets of tenement housing in Kottai, Berlin, and the lonely and barren streets of former industrial hubs in northern England and the Midwest, in an audacious endeavor to pursue this kind of change in understanding. Current models of depression heavily emphasize the biological etiology of depression. Hari unpacks and dispels myths surrounding the underpinnings and limitations of what many call the chemical imbalance theory of depression. With the help of researchers throughout the world and across several domains and disciplines, Hari posits a broader approach to understanding depression.

In conversation with Laurence Kirmayer, the head of Social Psychiatry at McGill University, Hari quotes him saying that our current model of depression “doesn’t look at social factors...but at a deeper level, it’s doesn’t look at basic human processes.” Hari proposes a model that explores

what he feels is our disconnection from meaningful work, meaningful relationships, meaningful values, childhood trauma, cultural overemphasis on status and sources of respect, neglect of our individual relationship to the natural world, and the precarious future that so many young people feel and witness in their work and educational lives. He does not simply use glancing broad strokes to explore each theme; with a scholarly bent, he unpacks the research and methodological groundings of each dimension that plays a role in depression.

I believe with humility, compassion, openness and most importantly a willingness to explore disparate models of both illness and wellness, Hari makes a strong case for reevaluating how we look at the origins, causes and path out of depression. I don’t want to spoil the book, but the final third of the book broaches and examines how we can reconnect with both ourselves and our communities in a way that promotes wellness and prevention. Hari does not pretend to have a panacea that will cure and eliminate depression as an illness. Rather, he strives to inspire those who read his book to explore their inner worlds and pasts openly and honestly, harness and cultivate meaningful communities that support and empower, and ultimately reexamine their relationship to wellness.

It is our sincere hope at Friends for Mental Health that we can play this role for our members and for the larger West Island community.

**by Andrew Thompson**

# Bipolar disorder: a story of hope & recovery - Book Review

I'm a health professional diagnosed with bipolar disorder at the age of 51. At first, I was devastated. But thanks to the support of my bemused and shocked family, treatment by my psychiatrist, and the guidance of counselors at Friends for Mental Health, my family and I eventually achieved stability. Recovery became not just a distant dream, but an attainable goal.

My mission now is to fight the stigma against mental illnesses of all kinds, in all ages, and to motivate people with mental illness to play an effective role in their own recovery.

I recount our journey through "bipolar country" in my new memoir, *Mad Like Me: Travels in Bipolar Country*. My goal in the book is to share exactly what it felt like for me as a bipolar patient experiencing recurring episodes of depression, hypomania and mania. I reveal what my family endured. And I describe the detailed steps I took to claw my way back to stability; to claim my recovery. For example, a few of the strategies that were useful for me included learning as much as possible about the disorder; accepting the need for psychiatric treatment; regulating my lifestyle (getting enough sleep, doing regular exercise, eating healthy, etc.); maintaining social contact with positive people; learning about and avoiding mood triggers; keeping a daily mood journal; recognizing the impact of bipolar on my family and friends; etc. All of these strategies

are described in an appendix of my book.

To give you a taste of what bipolar put my family through, one November, my husband Rob had finally collapsed after taking care of manic-me for many days on end. I was still awake at about 4 a.m. so I tiptoed to the front door and left the house.

*"I crept out into the still-black, wintery early morning, feeling delightfully light and free. I was suddenly overcome with inexplicable exhaustion. Luckily, there was an old age home nearby, and I knocked. The night nurse looked cautious and concerned when she saw me, wearing a winter coat with sandals, but she kindly let me in to use the phone... The phone rang many times before Rob's thick-tongued, sleep-filled voice answered,*

*instinctively suspicious and anxious. Trying to sound perky and as if I made this kind of call at this hour of the night quite routinely, I asked if he could kindly come and fetch me by car. There was a stunned silence: he could not believe his ears! He asked me to repeat my request. I did so, half-wondering if he was just trying to make me feel ridiculous, or if he genuinely had not caught the directions first time around. I could almost feel the fumes from him coming down the wire to scald me."*

(p. 134-6)



Merryl Hammond PhD studied nursing and community health. She's a public health consultant, was diagnosed with bipolar disorder in 2008 and suddenly flipped from researcher and health worker to locked-ward patient.

Please visit [merrylhammond.com](http://merrylhammond.com) for videos (including with her husband, and with two of her adult children), media clips, etc. If you have a bipolar-related story to share, she is starting to gather stories for a future book featuring people with bipolar and their families, friends and caregivers...

Never a dull moment with bipolar. Can you relate?

Thankfully, I am now back from that wild country. I've been stable – on medications, and with the unfailing support of my family – for many calm years. As a result, I was able to write this book to share the experiences my family and I endured. Whether you're "mad like me" or a caregiver, I sincerely hope you find sustenance for your travels out of Bipolar Country. As I wrote: "I'm here to tell you that things can get better, and that you can, piece by piece, build a life where bipolar no longer controls you. You can tame this tiger!" (p. 13)

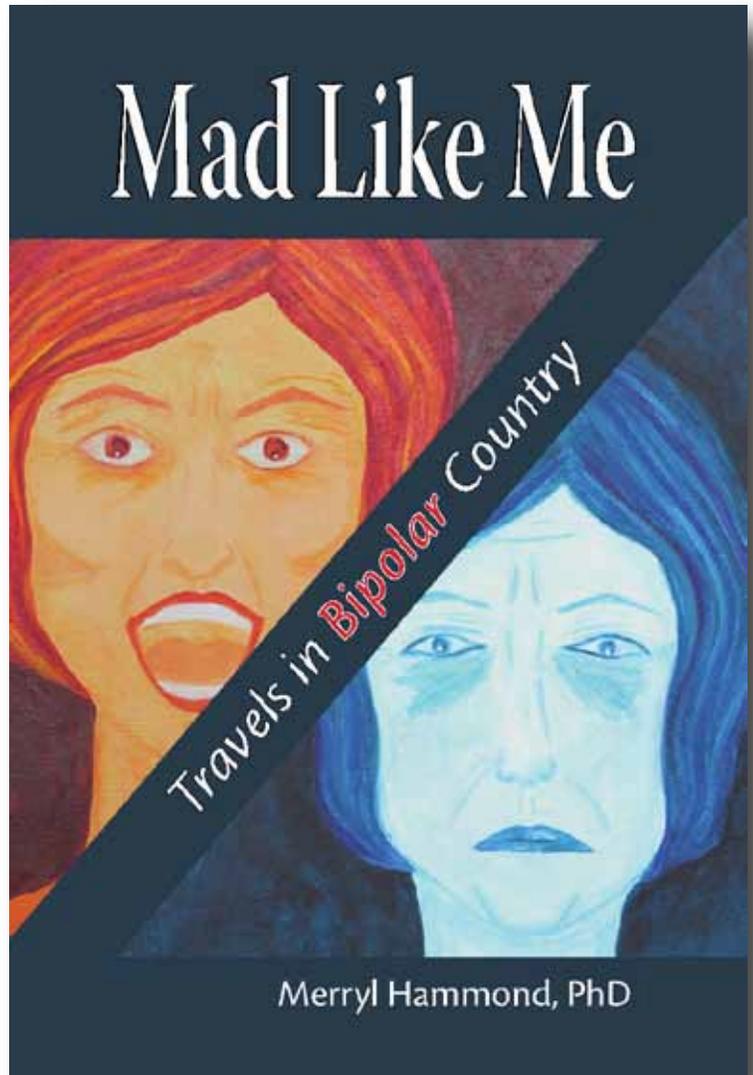
## Mad Like Me: Travels in Bipolar Country

By Merryl Hammond, PhD

In *Mad Like Me: Travels in Bipolar Country* the author discloses – in illuminating detail – what she and her family confronted on their unplanned journey deep into "bipolar country" and ultimately to recovery. This memoir fights the stigma of mental illness and gives readers great cause for hope.

"[A] brilliant bipolar disorder patient... chronicles her valuable experience with candour, humour and remarkable clarity." ~Dr. A-M. Ghadirian, M.D., Professor Emeritus, Dept. of Psychiatry, McGill

Please note: The views & opinions expressed in this article are those of the author and do not necessarily reflect those of Friends for Mental Health.



"A must-read for anyone living with, loving someone, or counseling a person affected by bipolar disorder." ~Michele Noble, LPC

This book is available for \$25 from Amazon, Clio bookstore, and from Friends for Mental Health. If you buy from Friends, Dr. Hammond will donate \$10 from each sale to us.

Bipolar disorder: a story of hope & recovery

by Merryl Hammond

# Some changes at Friends

## Welcome to Victoria

**H**i, I'm Victoria the new counselor at Friends. I'm excited to be part of this dynamic, caring, open and diverse community of caregivers. I came to be a part of this organization because luckily for me there was an opening and I took a chance and applied!

This application and position I am holding today are a culmination of profound introspection I had undergone at the end of my Master's in science. I was unable to imagine myself sitting alone in a lab in front of a microscope with no human interactions doing research.

I decided that there is no better time than the present to change

careers; and so I did a degree in psychology. I finally felt at the right place! While I was working at a residential rehab facility, I was blessed to witness an incredible journey between the pull of addiction and the will to stay sober. I learned the reasons behind the substance abuse: the fear of discovering who you really are, the relapse cycles, the maladaptive coping mechanisms, the impact of family dynamics, the art of forgiveness and letting go, and the strengths and determination that one has within themselves to make a choice and stick to it. A mistake is only a mistake if one doesn't learn from it, and if one does learn then it's a lesson!

Many of the lessons learned in rehab will be useful in my work at Friends. This is the right place for me, and I could see myself grow as a person and realize my dream career. I had finally found a place where my down-to-earth spirit, my ability to inspire hope and accompany people in painful situations was put to good use.

So here I am, Victoria Kuczynski, your new counselor at Friends for mental health.



**Victoria Kuczynski**

**M.Sc. Counselor**

## Welcome to Kim

**M**y name is Kim, and I am thrilled to join the Friends for Mental Health team as a counselor.

I have always been passionate about mental health. I still remember shadowing a psychiatrist at the Douglas Hospital in high school, and knowing I'd someday like to work in the field. I left Montreal for 15 years, a time during which I pursued my undergraduate degree in Biology at the University of Toronto, and later my master's degree in Counseling Psychology at the Institute of Transpersonal Psychology in California. I knew I had reconnected to my true passion: supporting people through intense yet transformative difficulties.

With a background in Marriage and Family Therapy, both in the private and public sectors, I come with several years of experience working with various populations. I am delighted to be back in Montreal and work within my home community. Working at Friends, my hopes are to help shift the dynamics with the people you love, so that your day-to-day can be more enjoyable and your family can feel some relief from the overwhelm you've been experiencing. I am truly honored to share in this journey with you.



**Kim Guigui**

**M.A. Counselor**

## Good bye Andrew

**I**would like to formally announce my departure from Friends for Mental Health. I will be leaving my position with my final day being Friday, September 7th. I have accepted a position in Ottawa. I have greatly appreciated and am very thankful for my time at Friends and my work with so many of you. I sincerely and profoundly wish nothing but the best to all and know that you will find continued support and guidance with our excellent and gifted staff here at Friends.

All the best,

**Andrew Thompson**

**M.A. Counselor**

# A Friends for Mental Health's Conference live on our youtube channel

## Preparing for the future: a will that works for you



**M<sup>e</sup> Joanie  
Lalonde Piecharski**

Involved for over 25 years as a notary in various organizations, Me Joanie Lalonde Piecharski will discuss the realization of such a project with great sensitivity.

### At the Beaconsfield library

303 Beaconsfield  
Boulevard,  
Beaconsfield  
QC H9W 4A7

### To attend in person

Call us to register  
(514) 636 6885

or by email  
[info@asmfmh.org](mailto:info@asmfmh.org)

### Or watch this webinar live online

[asmfmh.org/  
conferences](http://asmfmh.org/conferences)

I became a mother 38 years ago with the birth of my eldest daughter and I enjoyed motherhood with all my heart **with my second and later** with my third daughter. I **never imagined the road that laid ahead** when she was born 23 years ago. When she turned the magic number of 12 years old, we simply didn't see the change as a major problem, simply thought we were going through another episode of teen years. But it soon turned out quite differently with her.

Le premier évènement significatif fut lorsqu'elle a été remercié du Collège à la fin de son secondaire 2, à l'âge de 13 ans. Nous avons commencé à vivre des difficultés et à voir des comportements qu'on n'a pas su identifier. Lorsqu'elle est arrivée à l'école publique, les années qui ont suivi nous ont mené tout droit aux enfers...on a tout vu...drogues, alcool, délinquance, gangs de rue, prostitution...tout ce que vous pouvez imaginer et plus. Les mensonges, les escroqueries, les crises, les tentatives de suicides, étaient nos problèmes quotidiens.

Today if I go back in time, I was another person then, I was not the one I am today. The pain and the hurt I carried everyday were quite a heavy load and I really didn't know where to turn for help. We were sent back home after each suicide attempt, even at Ste-Justine when I asked that she be evaluated, she was able to manipulate the head psychiatrist in charge of teenagers. I was told that she was fine, a prescription in hand for some pills and good day!

It would only be during her 4th and last suicide attempt when she was eighteen that she was diagnosed at the Jewish General with borderline personality with a 11 on 11 score...

Quelque temps après, une personne m'a donné le petit pamphlet des Amis que j'ai mis dans mon sac à main, jusqu'au jour où j'ai composé le numéro qui changerait ma façon de voir les choses. J'ai rencontré Sheryl qui m'a accueilli les bras ouverts avec la bonté et la générosité aux bouts des doigts et de nombreux conseils judicieux.

Je me suis vite inscrite à la formation des troubles de la personnalité limite et là, je me souviens d u premier soir, de la première rencontre du groupe où j'ai trouvé des amis en lesquels j'ai pu me confier, avec Sheryl et Jamie j'ai pu comprendre l'état d'âme qui habitait ma fille, ce qu'elle vivait en dedans et pourquoi elle était si différente.



# November 1<sup>st</sup> 2018 7:00 pm

## French presentation

This conference proposes a different and comprehensive approach to guide families concerned about the future of a loved one living with a mental health disorder in the process of writing a will. A guide will also be presented to help build a custom will, which will properly convey your wishes and protect your loved one in the future management of their property and assets.



**FRIENDS FOR  
MENTAL HEALTH**

**Strengthening families,  
supporting caregivers**

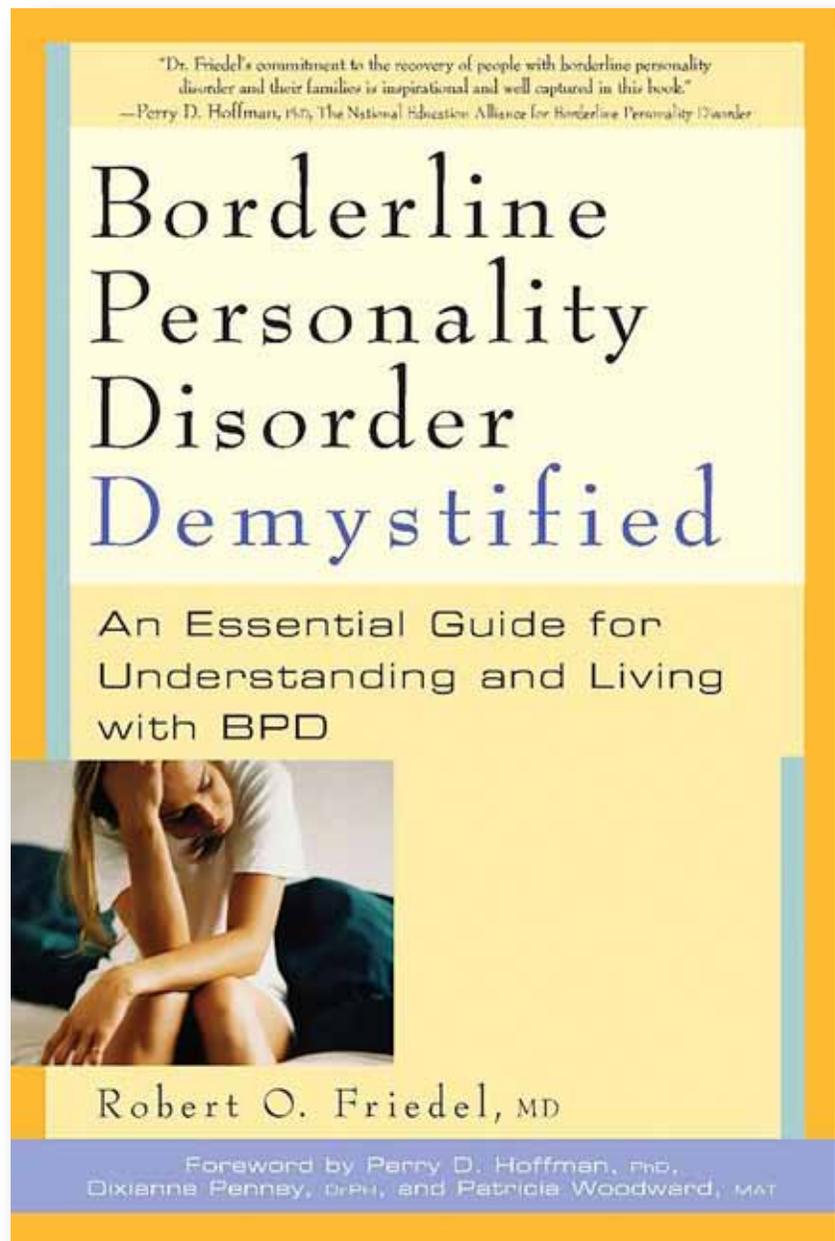
# Borderline Personality Disorder Demystified - Book Review

In the Friends for Mental Health library, you can find a variety of books on mental health issues. From such a variety of books offered, I would like to present a summary about a book that clearly explains Borderline personality disorder. Although it is intended for the ill person to understand their illness you will find it very useful.

Robert O. Friedel, author of *Borderline Personality Disorder Demystified*, wrote this book to describe borderline personality disorder (BPD) which is often misunderstood. He offers not only information about BPD, but also hope to families and the ill person by acknowledging the availability of treatments for BPD. He explains that BPD symptoms can be categorized into four groups of behavioral disturbances: 1. Emotional regulation, 2. Impulsivity, 3. Impaired perception and reasoning and 4. Markedly disturbed relationships. Friedel acknowledges that the behavioural disturbances that characterize BPD can be controlled through therapy and medication; however, he also stresses the importance for the ill person to take responsibility and follow through with their treatment plan. If you suspect someone in your life is suffering from BPD, or you have received a diagnosis of BPD, this guide is a good place to start learning about BPD.

A person suffering from BPD experiences daily emotional struggles with dramatically fluctuating emotions throughout the day. For example, when you get into a conflict with a loved one, you may feel intense frustration and anger towards that person, but you are able to say to yourself that you will address the situation at a later time. This would be a healthy coping strategy

and a good way to self-soothe. On the other hand, your loved one suffering from BPD struggles to perceive the situation in the same manner, instead they will act on their anger and often rather than using healthy coping mechanisms, will use maladaptive coping strategies, such as drinking, gambling, self-harming.



A person suffering from BPD desperately fears the idea of any separation whether it is from a family member, therapist or friend. They view the physical departure of the person as evidence of real or perceived abandonment. They may only feel comforted and loved when the person to whom they have attached themselves is present.

A person suffering from BPD not only experiences extremes in emotions but also in cognitive processing. They tend to have rigid opinions and often view others as being all good or all bad. When the loved one is caring, supportive and present, that person is great! When the loved one leaves, disapproves of something or disagrees, this person is viewed as being evil and uncaring. They struggle to view other people in a balanced and nuanced way.

Family members can help a person struggling with BPD by providing them with a structured, bounded and calm home environment, as it



will reduce the stress in the life of a person suffering from BPD. It also means more deep breaths when crisis arises, setting smaller more attainable goals for the person suffering from BPD, and communicating in a calm but firm manner when the crisis or conflict has subsided.

However, this does not mean sweeping the disappointments or disagreements under the rug, by avoiding them for fear of the consequences of speaking up. Instead, conflict needs to be addressed in a clear and direct manner, without putting-down someone or blaming anyone. It is also helpful to set boundaries with your loved one about what is acceptable and what is not to you.

**by Victoria Kuczynski**

**M.Sc. Counselor**



**Neighbor's Day at work, soon at Friends.**

**How do you preserve  
your Mental Health ?**



**Preserving Your Mental Health**  
**A workshop for family members**

**September 18<sup>th</sup> to October 23<sup>th</sup>**

# Coming up for Air After a Tsunami

Slowly, I saw my son blossom and his ambition returned, spread his wings while still living with the anxieties of young adulthood. He was a social young man, he had lots of friends, and was a natural leader but suddenly and unexpectedly mental illness struck...without a diagnosis, we hoped that it would just pass and he would receive the treatment necessary and he'd return to being the playful, joyous and social young man that he always was. That's what we wanted to believe, he was always there to help his friends and family, he was an easy teenager, how could this all have changed overnight?

Eight years later, after a long period of intense paranoia, my son is now able to function, no more medication, he has his discharge from the psychiatric network, he attends his brother's wedding, all his friends are so happy, he is back with us... and three days later a major relapse, first hospitalisation under close observation and testing to finally get a diagnosis... the illness is now confirmed and is there to stay... the tsunami did its ravage... we are all devastated, how can we cope with the unthinkable...

At that time I had registered to do volunteer work for Friends of mental health. I ended up asking for help from my newly found friends.

I am so greatfull for all the support they gave me. I regularly attend courses on bipolar disorder, sessions of art therapy, stress management courses and I was able to call a counsellor when I was falling apart, not knowing what to do, feeling helpless and of course guilty that I could not 'fix' the illness of my son. I also made very good friend that I could rely on through a support group.

I am a fighter, I like challenges, and I am lucky to have always worked in the healthcare and social services field, but when our emotions overwhelm us, it's hard to stay rational and to focus on what needs to get done.

Friends for mental health allowed me to cry, to yell, to express all my negative feelings about what I felt was the loss of my son... but, and this is the most important, they made me realize that I had some control, that my son was still there, I just had to understand when the illness was taking over and to have a better knowledge of what I could do to help him during these episodes.

Today my son still lives with us, he is helpful and very attentive. On the other hand, there are and will probably always be big black holes where psychosis takes over, but we are able to talk about it openly, and even with a touch of humour. His brothers are real helpers, who are always ready to take over when we need the support and his friends are always present. Everyone knows that there will always be difficult times, but what matters is that we help him get through and find the joy in living with his friends, his brothers, his family.

My son is trying to manage the daily struggles related to the illness, doing whatever we ask him to do, he takes his medication religiously... knowing that he will always need support I have learned that I also have to take care of myself.

Thank you to friends of mental health I am now able to take on bigger waves!!!

*Anonymous testimonial*

# Calendar

## Training and Workshops



### Art Therapy

Come control your negative emotions and take a break with Jaimie. Art therapy can help overcome many of the burdens of being a caregiver.

**October 9<sup>th</sup> to December 18<sup>th</sup> ● TUESDAY**  
1:00 - 3:00 pm

**11 sessions ● must register ● cost : 22 \$ ● Bilingual**



### Art and Movement Creativity Workshop

"Art and Movement Creativity Workshop" with Maria is an all in one Workshop using Art and Dance Therapy techniques for family members and close friends of a loved one with a mental health condition.

**September 20<sup>th</sup> to October 11<sup>th</sup> ● THURSDAY**  
1:00 - 2:00 pm

**4 sessions ● must register ● cost : 40 \$ ● Bilingual**



### Suicide Prevention Training

Have you had to intervene in a loved one's suicidal crisis or fear that you may have to? Jaimie will help you understand suicidal and self-harming tendencies and give you concrete tools to intervene appropriately.

**October 18<sup>th</sup> and 25<sup>th</sup> ● THURSDAY**  
6:30 - 8:30 pm

**must register ● cost : 10 \$ ● Bilingual**



### Motivation Workshop

This workshop facilitated by Victoria helps family members learn new sets of communication and problem-solving skills that are geared ultimately to improving their loved one's adherence to medical treatment.

**November 6<sup>th</sup> to December 4<sup>th</sup> ● TUESDAY**  
6:30 - 8:30 pm

**5 sessions ● must register ● cost : 10 \$ ● French**



### Preserving Your Mental Health as a Caregiver

This workshop facilitated by Victoria will focus on tools and skills to build resiliency into the daily lives of caregivers and loved ones of someone with a mental illness.

**September 18<sup>th</sup> to October 23<sup>th</sup> ● TUESDAY**  
6:30 - 8:30 pm

**6 sessions ● must register ● cost : 10 \$ ● French**



### Borderline Personality Disorder Training

This training facilitated by Kim educates families about the disorder, how it presents itself and its challenges. It encourages families to put in place changes that will improve their quality of life as well as that of the ill person.

**September 26<sup>th</sup> to November 28<sup>th</sup> ● WEDNESDAY**  
6:30 - 8:30 pm

**10 sessions ● must register ● cost : 20 \$ ● English**



### Healthy Boundaries Training

Come join Sheryl in a workshop focusing on defining your boundaries and exploring the blocks to limit setting. We discuss what is involved in developing an action plan, keeping your sanity and how to maintain the frame.

**October 22<sup>th</sup> to November 26<sup>th</sup> ● MONDAY**  
1:00 - 3:00 pm

**6 sessions ● must register ● cost : 10 \$ ● English**



### Art Therapy Group for Youth

Come control your negative emotions and take a break with Jaimie. Art therapy can help overcome many of the burdens of being a caregiver. For 7 to 12 year old kids.

**November 8<sup>th</sup> to December 13<sup>th</sup> ● THURSDAY**  
6:00 - 7:30 pm

**6 sessions ● must register ● cost : 22 \$ ● Bilingual**

# Support Groups for Caregivers



## French Support Group

This support group brings together those who want to benefit from mutual support in French, break the stigma or understand mental illness.

**3<sup>rd</sup> FRIDAY ● 1:00 - 3:00 pm**

**September 21<sup>st</sup> ● October 19<sup>th</sup> ● November 16<sup>th</sup>**



## Men's Support Group

The goal of this support group is to create a safe and welcoming environment for men of all ages to come and share, discuss, and reflect on issues of mental health.

**2<sup>nd</sup> MONDAY ● 6:30 - 8:30 pm**

**September 10<sup>th</sup> ● November 12<sup>th</sup>**

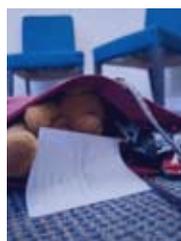


## Psychosis & Bipolar support group

This support group will provide information and a safe space for sharing about the impact of this trouble on relationships and family life. Only for caregivers who have taken the Schizophrenia or Bipolar training.

**3<sup>rd</sup> MONDAY ● 6:30 - 8:30 pm**

**September 17<sup>th</sup> ● October 15<sup>th</sup> ● November 19<sup>th</sup>**

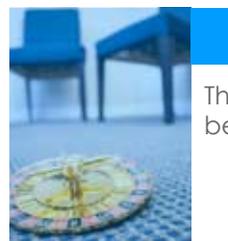


## Grandparents Support Group

This support group joins together individuals who not only have an adult child with a mental illness, but whom are also responsible for the care of their grandchildren due to the mental illness of the parent.

**3<sup>rd</sup> WEDNESDAY ● 10:00 - 12:00 pm**

**September 19<sup>th</sup> ● October 17<sup>th</sup> ● November 21<sup>st</sup>**



## Borderline Personality Disorder Support Group

This support group helps caregivers to deal with the repercussions of the emotional distress and behavioural difficulties associated with this disorder.

### English Group

**4<sup>th</sup> MONDAY ● 6:30 - 8:30 pm**

**September 24<sup>th</sup> ● October 22<sup>nd</sup>  
● November 26<sup>th</sup>**

### French Group

**1<sup>st</sup> MONDAY ● 6:30 - 8:30 pm**

**October 1<sup>st</sup> ● November 5<sup>th</sup>**

■ Thank you to our donors for their support this past quarter



Martin Coiteux MNA Nelligan  
Lakeshore Civitan Club



**FRIENDS FOR  
MENTAL HEALTH**

**Strengthening families,  
supporting caregivers**

**A Friends for Mental Health's Conference**  
live on our youtube channel

## **Drugs, Prevention and Mental Health**



**Sherezad Abadi  
Perez, M.Sc., CCRP**

Mental Health and Addiction  
Programs,  
CIUSSS Ouest-de-l'île/Douglas  
Institute

### **At the Beaconsfield library**

303 Beaconsfield  
Boulevard,  
Beaconsfield  
QC H9W 4A7

### **To attend in person**

Call us to register  
**(514) 636 6885**

or by email  
[info@asmfmh.org](mailto:info@asmfmh.org)

### **Or watch this webinar live online**

[asmfmh.org/  
conferences](http://asmfmh.org/conferences)



**September 18<sup>th</sup> 2018 7:00 pm**

*English presentation*

The goal of this conference is to give an overview of the effects of overuse in overall well-being and educate the community on how to identify signs of any problems, how to seek help, manage overuse and encourage a healthy lifestyle.



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