

FAMILIES MOVING FORWARD



This one-day Conference provides information to families supporting a loved one with mental health issues throughout their lifespan

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"

"Highly energized environment and atmosphere!"

THE FAMILY INITIATIVES PROJECT

Established in 1999, this Advisory Committee meets throughout the year to help direct the work of the **Family Support Workers.**

Family members and Canadian Mental Health Association (CMHA) staff aim to provide and improve services to family members of individuals who experience significant mental health issues.

**MENTAL ILLNESS AFFECTS
1 IN 4 PEOPLE**

**1 IN 3 PEOPLE WILL KNOW
SOMEONE WITH A MENTAL ILLNESS**

**STIGMA IS THE #1 REASON PEOPLE
DO NOT SEEK HELP FOR
MENTAL ILLNESS**

RECOVERY IS:

- **AN INDIVIDUAL JOURNEY**
- **MOVING TO ACTIVE PARTICIPATION IN LIFE**
- **ACHIEVING UNDERSTANDING AND ACCEPTANCE**
- **THE RE-AWAKENING OF HOPE**

FAMILIES MOVING FORWARD

Steps in the Right Direction



The 10th Annual One-day Conference presented by family members, for family members and those providing support to individuals with mental health issues

**Saturday,
March 2, 2013
8:30 a.m. - 3:30 p.m.
Sonnenhof
German-Canadian Hall
194 Henry Street,
Brantford, ON**

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 Sonnenhof,
German-Canadian Hall

194 Henry Street,
Brantford, ON N3S 6V1

www.sonnenhof.ca

If you are able to provide a ride to persons in your area, please check here



CONFERENCE AGENDA

- 8:30 - 9:00** Registration & Continental Breakfast
- 9:00 - 9:10** Welcome & Opening Remarks
- 9:10 - 9:35** **"The Importance of Family Support"** Keynote Address by Sarah Cannon, Executive Director, Parents for Children's Mental Health
- 9:35 - 10:15** **"Crisis Planning: Getting Your Supports in Place"**, Stephen Hudecki, St. Leonard's Mental Health Crisis Response. *This session will also include a Sound Therapy session, presented by Stephen*
- 10:15 - 10:30** **Break**
- 10:30 - 11:15** **"An Overview of the Police Crisis Intervention Team (CIT)**, Sarah Burtenshaw, Crisis Outreach & Support Team, St. Joseph's Healthcare, Hamilton
- 11:15 - 12:00** **"An Overview of the Canadian Mental Health Association, Court Diversion Program"**, Karen Valade, Court Services Manager, CMHA Haldimand-Norfolk
- 12 noon - 1:00** **Lunch & Networking**
- 1:00 - 2:00** **Family Panel:**
Families Moving Forward
- 2:00 - 2:30** **Relax, Re-energize and Rejuvenate** with Jayne Hembruff
- 2:30 - 3:15** **Advocacy: The Power of Families**, Elaine Paton, Family Navigator, Grand River Hospital & Paul Reeve, Advocacy Coordinator, Self Help Alliance
- 3:15 - 3:30** **Closing Remarks & Evaluations**

REGISTRATION FORM

Name: _____

E-Mail: _____

Organization / Address:

Pre-Registration Deadline:

February 15, 2013

(No refunds after February 22, 2013)

To Register:

\$30.00 cheque payable to: **CMHA, Grand River Branch** (includes Continental Breakfast, Lunch, coffee breaks)

Mail to:

Family Initiatives Project Registration

Erin Margetts-Helkaa
CMHA Grand River Branch,
5420 Highway 6 North, Suite J100
Guelph, ON N1H 6J2

Questions?

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