



DROP IN

Family Education Night

Thursday November 30th, 2017

6:30 - 8:30pm

Kevin Healey

Recovery Activist - Hearing Voices Network, Toronto

The Voices are REAL

And it doesn't mean I'm CRAZY

The value of Peer Support Groups for Voice Hearers
and Answering Questions for Families

Family Education Night is OPEN to anyone in a
"supporting role" to a person living with mental illness

Durham Mental Health Services - Whitby Mall Location
West Tower, Second floor, Unit # 202



Canadian Mental
Health Association
Durham



FAMILY Education NIGHTS

2017 - 2018

Thursday, September 28 th 6:30 - 8:30	David Stefanizzi Concurrent Specialist, Canadian Mental Health Association Durham "Addictions and the Stages of Change" & Rose Mathieu and Friends in Recovery Program Advisory Chair for Alcoholics Anonymous "Introduction to the 12 STEPS"
Thursday, October 26 th 6:30 - 8:30	Dr Parmar Psychiatrist, Lakeridge Health Oshawa Sleep and Mood Disorders – What's the Connection? Presentation and Answering YOUR Questions
Thursday, November 30 th 6:30 - 8:30	Kevin Healey Recovery Activist - Hearing Voices Network, Toronto The Voices are REAL – And it doesn't mean I'm CRAZY The value of Peer Support and Answering Questions for Families
Thursday, January 25 th 6:30 - 8:30	TBA

Thursday, February 22nd 6:30 - 8:30	TBA
Thursday, March 29th 6:30 - 8:30	TBA
Thursday, April 26th 6:30 - 8:30	TBA
Thursday, May 31st 6:30 - 8:30	TBA
Thursday, June 28th 6:30 - 8:30	TBA