

## September Information Session - The Effect of Mental Illness on the Family

**The Oasis in Kanata** starts its fall program on September 15 when Dr. Ian Manion, the Executive Director for the Ontario Centre of Excellence for Child and Youth Mental Health, will be in Kanata to talk about the vital role the family plays in the care and recovery of an individual with mental illness.

The Mental Health Commission of Canada says caregivers are critical to the recovery of individuals living with mental health issues. One in five individuals suffers from a mental illness at some point in their life and the prime responsibility for care falls to family members. Parents, siblings, spouses - they are the ones who provide the vital social, financial, and emotional support a person with mental illness needs to recover. Without preparation, knowledge, or training, caregivers must learn to advocate for their loved one and navigate an often confusing path through the mental health system. Caregivers ensure medical appointments are made and kept; arrange transportation; and monitor medications. The mental, emotional, and physical stress on caregivers can be overwhelming at times. Caregivers struggle to understand the illness and its effect on their loved one, other family members, and themselves. And they often struggle alone.

Dr. Manion is a clinical psychologist who has worked with children, youth, and families presenting with a variety of social, emotional, and behavioural problems. He is also a clinical professor in the School of Psychology at the University of Ottawa, and a Visiting Professor at the University of Northumbria in the United Kingdom. His interactive discussion will cover issues such as recognizing the symptoms, dealing with the family dynamic, and learning how to support yourself and other family members, as well as your loved one, to increase the chance for positive outcomes and recovery.

The Oasis in Kanata, a community program of Glen Cairn United Church, offers information sessions, workshops, and a support group to caregivers of individuals with mental illness. Mark the dates for our remaining two information sessions for 2014. On October 21, Dr. Gretchen Conrad will return to talk about managing anger and other behaviours, and, on November 17, Dr. Mary Marquardt will be here to discuss understanding your loved one's challenges. If you are interested in attending the monthly support group, please contact our Program Manager, Gerald Joy, at 613-435-1100 or email [OasisManager@TheOasisKanata.ca](mailto:OasisManager@TheOasisKanata.ca).

"Mental Illness: Effects on the Family" will be held Monday, September 15, at The Oasis in Kanata, Glen Cairn United Church, 140 Abbeyhill Drive, from 7 to 8:30 pm, followed by light refreshments and an informal question and answer period. The session is free, there is ample free parking, and pre-registration is not required. All are welcome.

For further information about The Oasis in Kanata, visit the Web site at [www.TheOasisKanata.ca](http://www.TheOasisKanata.ca), email [info@TheOasisKanata.ca](mailto:info@TheOasisKanata.ca), or call 613-435-1100.