



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 28th 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 26th 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 30th 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 25th 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