



THE RECOVERY

A C A D E M Y

Timetable/ Calendrier February- March 2014

Courses for supporters (family, friends), persons with lived experience of mental illness and/or substance misuse and service providers

Family Services Ottawa 312 Parkdale Ave. 7:00 pm to 8:30pm	Coping with Crisis	Monday, February 3
	How to support Well-being and Recovery	Monday, February 10
	How to get through the Mental Health and Addiction Maze	Monday, February 17
	How to improve communication	Monday, February 24
	How to deal with problems	Monday, March, 3
	What you need to know about addictions	Monday, March 10,

Gloucester Public Library Ogilvie Road 7:00pm to 8:30pm	What you need to know about addictions	Wednesday, February 5
	How to deal with problems	Wednesday, February 12
	How to improve communication	Wednesday, February 19
	How to get through the Mental Health and Addiction Maze	Thursday, February 27
	How to support well-being and recovery	Wednesday, March 5
	Coping with Crisis	Wednesday, March 12

Patro d'Ottawa 40, rue Cobourg 7:00pm à 8:30pm	Améliorer la communication	Jeudi 6 février
	Comment naviguer au travers du labyrinthe du système de santé mentale	Jeudi 13 février
	Quoi faire face à une crise	Jeudi 20 février
	Difficulté à donner des soins et comment y remédier	Jeudi 6 mars
	Ce que vous devez savoir au sujet des abus de substance	Jeudi 13 mars
	Soutien aux pourvoyeurs de services pour le bien-être et le rétablissement	Jeudi 20 mars

Courses may be cancelled if there are not enough registrations.