

## Education and Skills Training Resources for Family & Friends

*All services listed are free of charge and delivered virtually, unless otherwise indicated*

**Last updated: February 2024**

<p><b>Centre for Addictions and Mental Health (CAMH)</b></p> <p><i>Focus: Psychosis; Substance Use</i></p> <p>Two self-directed courses - 6 modules per course</p> <p><b>Empowering families affected by psychosis</b>            This course is for families, friends and supporters of those who have experienced a first episode of psychosis. The course covers what your relative may experience during early psychosis and how you can work with a health care team to support your relative in the recovery process. The course will also help you recognize the stress and range of emotions you may be experiencing and understand the importance of addressing your own needs.</p> <p><b>Empowering families affected by substance use</b>            This course will help you to recognize the stress and range of emotions you may be experiencing, and to understand the importance of addressing your own needs. The course will also explore strategies you can use to cope with the challenges of dealing with a relative with substance use problems, strategies for self-care and ways to empower yourself.</p> <p><i>For more information:</i> <a href="https://moodle8.camhx.ca/moodle/course/index.php?categoryid=4">https://moodle8.camhx.ca/moodle/course/index.php?categoryid=4</a></p>
<p><b>Self-Management Ontario - Powerful Tools for Caregivers</b></p> <p><i>Focus: General Skills for Caregivers</i></p> <p>Usually offered every other month - 6 weeks, 1.5 hours per class</p> <p>In the six weekly classes, caregivers develop a wealth of self-care tools to: reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare or service providers, communicate effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of The Caregiver Help book, developed specifically for the class.</p> <p><i>For more information:</i> <a href="https://www.swselfmanagement.ca/">https://www.swselfmanagement.ca/</a></p>
<p><b>Family Connections Program – Sashbear Foundation</b></p> <p><i>Focus: Emotional Dysregulation</i></p> <p>12 weeks/2 hours each week            Virtual - Offered 3 times/year, starting in January, June and September, plus two weekend intensives</p>

Education on emotion dysregulation and five areas of dysregulation. Individual skills based on dialectical behavior therapy to understand and manage your emotions, and to regain balance in your life. Relationship skills to help you be effective in your relationship with compassion and empathy. Communication skills to promote collaboration and effective discussion around problem situations.

For more information: [Family Connections Program – The Sashbear Foundation](#)

Groups are available in both English and French. If you speak and read both, they recommend you attend in the language that is used most in your relationship with a person with emotion dysregulation. To find out about Connexions familiales, offered in French, please go here: <https://sashbear.org/fr/connexions-familiales-fr>

### **CMHA Thames Valley - Virtual Family Support Program**

*Focus: Mental Health, Concurrent Disorders*

Available to all residents of: London, Middlesex County, Oxford County and Elgin County who are in an informal caregiving role to someone who struggles. This FREE learning is delivered ONLINE using a virtual education platform called LearnWorlds. Participants will work through the online modules at their own pace and after completing the first 3 modules can also join in on virtual “skills coaching” sessions if they have practical questions for the instructor. Also offered is a monthly peer support group for family caregivers to come together and share both their struggles and success. All group sessions are optional and the educational material will always be available to review at any time on the participant’s learning portal.

For more information: <https://cmhatv.ca/programs-services/family-support-programs/>

Contact: Sabrina Andrews – 519-518-2436 or [familysupport.info@cmhatv.ca](mailto:familysupport.info@cmhatv.ca)

To self-refer: <https://cmhatv.ca/find-help/start/>

### **CMHA Thames Valley Oxford – Families CARE**

*Focus: Substance use, Concurrent Disorders, Mental Illness*

\*\*\*In person\*\*\*

Location: CMHA Thames Valley Oxford at 522 Peel St., Woodstock, ON

For more information: <https://cmhatv.ca/events/familiescare/>

Contact: [Pattie.Monaghan@cmhatv.ca](mailto:Pattie.Monaghan@cmhatv.ca)

To self-refer: <https://cmhatv.ca/find-help/start/>

### **CMHA Thames Valley – Family Group - \*In Person and virtual options**

*Focus: Substance Use, Addiction*

Our Family Group is for anyone concerned with someone’s substance use, internet, gaming, or gambling. The group provides family members with a forum in which to discuss successes and challenges in coping with their loved one’s addiction, healthy ways to support their loved one, and how to navigate through the addiction treatment system.

3rd and 4th Monday of each month, 5:30-7:30. Alternates each month between virtual meeting via Zoom and in-person at 200 Queens Ave.

For more information: <https://cmhatv.ca/programs-services/family-support-programs/>

Contact: 519-673-3242 ext. 1222

To self-refer:

[Family and significant other intake form](#)

### **National Alliance on Mental Illness – Family to Family Programs, Ontario**

*Focus: Mental Health Conditions*

The NAMI Family-to-Family Education course is an 8-week education program for family, friends and significant others of adults with mental health conditions.

The course is taught by trained volunteers who are also family members who have a loved one with a mental health condition. It is designed to help all family members understand and support their loved one with a mental health condition while maintaining their own well-being

For more information: <https://www.f2fontario.ca/Course-locations.html>

To register for a virtual course, please contact:

Madeleine Bertrand: [f2programsontario@gmail.com](mailto:f2programsontario@gmail.com)

### **Ontario Caregiver Organization (OCO)**

*Focus: General Skills and Support for Caregivers*

Wide variety of caregiver support services and educational information for caregivers for people with a wide variety of health conditions, including mental illness and substance use disorders, eg:

- Online group counselling
- 1:1 counselling
- Psychoeducational webinars, strategies, tools, and resources, newsletter, videos and blog

More details here: <https://ontariocaregiver.ca/for-caregivers/>

Contact: 1-833-416-2273 - 24/7 phone support for caregivers

**Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program –**

<https://ontariocaregiver.ca/scale-program/>

General website: [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)