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## CMHAFF DISTRICT PEER SUPPORT TEAM

### Kenora

Linda Garrison  
Lisa Vigfusson  
Marilyn Cann

### Fort Frances

Donna Bohler  
Kyleigh Ossachuk  
Sara Christiansen

### Dryden

Philip Olson  
Gina Nikolic

### Red Lake

Shari Saikkonen

Maria Coleman — Team Lead  
Sandy Skirten — Director of Services

**“Don’t just get involved.  
Fight for your seat at the table.  
Better yet, fight for a seat at the head of the table”  
~Barack Obama~**

# The 19th Annual Consumer & Family Conference



## September 13&14

Best Western Plus Dryden Hotel & Conference Centre





**Vision:** Mental health and wellness in all communities

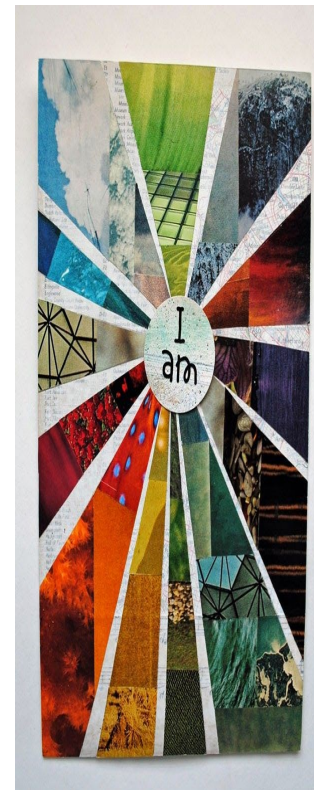
**Mission:** To be a leader in the provision of advocacy, education, research and client centered recovery based services in the Kenora/Rainy River Districts

**Values:** Collaboration; empowerment and self-determination; diversity and social justice; accountability, integrity



# Workshops

## ESSENTIAL PIECES OF ME – YESTERDAY, TODAY AND TOMORROW



You don't need to be an artist to make a collage! There are no rules, boundaries or limitations to what you, and only you, can create! This workshop will be about you... the essential pieces of you: where you were, where you are and where you hope to go. In this workshop, you will: cut, rip and paste pictures, words or whatever you want in order to create what is significant at any point in time, in your life. We are all individual and all forms of art are too! Art is a healthy way to express and involve yourself in its' meaning! Art also allows you to discover new mediums of interest and self-realization.

## Workshops

### **VOLUNTEERS ARE LOVE IN MOTION...**

Volunteering is a common way to expand your life experience while helping others. It is a brilliant way to discover new interests and hobbies, and it can be an excellent opportunity to meet new people.

Volunteering positively affects not only our mental health, but also our physical health! Join us while we talk about how to get involved in your community through volunteering.

*"When you do nothing you feel overwhelmed and powerless. But when you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better"*

~ Maya Angelou ~

## Participants

### **CONSUMER/SURVIVOR:**

Individuals who have or have had a personal mental health issue and /or have had direct experience using Mental Health Services, or is a person with lived experience with mental illness

### **FAMILY MEMBER:**

Family of a Consumer/Survivor. People define their families in a variety of ways: parents, children, siblings, spouses, common-law, through choice and/or through traditions related to their cultures of origin

### **SERVICE PROVIDER:**

Individuals with a working connection in the mental health field

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## Events

### REGISTRATION/ MEET & GREET STARTS AT 10AM

After you register, stay and visit for coffee and conversation. This is an opportunity to re-connect with past participants and make new friends.

**A full agenda of where events/workshops will take place will be enclosed in your Conference Packages at Registration**

**Key Note Speaker will be Vern Rowe  
~ Journey to Recovery ~**

**As Always, there will be an Awards  
Banquet Followed by a Dance on  
Wednesday Night**

**Breakfast Will Be Provided  
Thursday Morning For All  
Participants of the Conference  
Starting at 8am**

## Workshops

### WHOSE JOB IS IT ANYWAYS?

What is my responsibility? What is yours? How do we figure out what we should take control of and what we should let go of? If we don't get involved, how can we take credit for the successes? Who's really to blame when it doesn't work out? This workshop will explore ways to get involved in your own care, take personal responsibility for the successes while learning from the failures.

### LET'S CHAT...

#### **Becoming Better Communicators**

In today's world of texting, emails and social media often the simplest communication can be misinterpreted or taken out of context. Our own life experience up until now affects what we hear and how we process it. Join us while we look at ways to effectively communicate, listen objectively, talk without confusion and express ourselves through body language.

## Workshops

### LEARN TO LOVE YOUR VEGGIES !!

We will introduce the participants to a variety of ways to incorporate more veggies into their lives. We will explore spiralizing vegetables, baked vegetable chips, and creating awesome smoothies and simple salads using alternative and inexpensive ingredients. We encourage participants to pop into this workshop and try some veggies that will make you rethink your opinion on eating your greens!



## Events

### GET INVOLVED AT THE CONFERENCE!!



### Chair Yoga

Chair yoga is a gentle form of yoga that is practiced sitting in a chair, or using the chair for support. It is in the process of being recognized formally as a distinct type of yoga. Chair yoga is a great practice for everyone, as it deepens flexibility, and strengthens personal body awareness. Chair yoga is usually taught as a way to achieve physical and mental fitness and helps to ease the symptoms of many health issues including: hypertension, anxiety, chronic fatigue syndrome, arthritis, depression and chronic pain.

**There will be Something for Everyone in our Wellness & Information Rooms**

## Workshops

### **FREEDOM TO GROW ... Positive Ways of Supporting Your Family**

Families can play a significant role in helping their loved ones living with a mental illness. But sometimes they can become excessively preoccupied with their relatives' problems causing a breakdown in the relationship, creating chaos in the family and leaving very little left for their own lives. This overworks families and creates learned helplessness in the family member! This presentation explores more positive ways of supporting your family member giving them freedom to grow and be responsible while giving you freedom to do the same.

#### **THE FREEDOM TO GROW WORKSHOP IS FOR FAMILY MEMBERS ONLY** **JOANNE BOOKS**

*Joanne Books has worked for 17 years as the Manager of Education and Training at the Canadian Mental Health Association, Thunder Bay Branch. Her role is to provide public education in an effort to raise awareness of mental health and mental illness. She facilitates recovery groups for families providing support and education on how they can assist a relative in their process of healing. In all her work she strives to inspire hope for wellness and possibilities of recovery.*

## Workshops

### **A LIFE OF LEISURE... How to Make the Most of Your Free Time**

Leisure refers to the **enjoyable and meaningful** activity we engage in during our free time. Recreation, leisure and physical activity are essential components of the recovery process and support our efforts to stay well when living with a chronic physical or mental health condition.

In this workshop, we will look at our individual leisure lifestyles and discuss ways to improve or enhance our free time experience. Using various Leisure Assessments, we can measure our level of boredom, as well as identify our leisure needs, interests and motivations. Join us to explore your Leisure Lifestyle and discover another side of yourself!