

### Join The Royal's Weekly Family Information & Support Groups

Live every Tuesday evening – Discussions on topics related to caring for the caregiver

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### Upcoming Family Information & Support Groups – March 2022

#### ★ Looking after your own wellness

Date: March 1, 2022 – 6pm-7:30pm

Presenter: Sara Richardson, B.A.Sc., R/TRO

Description: Sara Richardson is the manager of patient care services at the Integrated Forensic Program at The Royal. Please join us as we review the importance of taking care of *ourselves* as well as our loved ones. With her background in recreation therapy, Sara will guide participants through a holistic approach to wellness through physical, mental, emotional, spiritual, and social activities to improve overall resilience, mental health, and work/life balance. The session will also include time for self-reflection and goal setting for moving forward. [Register now!](#)

#### ★ Talking about suicide: from science to support

Date: March 8, 2022 – 6pm-7:30pm

Presenter: Dr. Zachary Kaminsky, Ph.D., DIFD Mach-Gaensslen Chair of Suicide Prevention Research

Description: Dr. Zachary Kaminsky is the DIFD Mach-Gaensslen Chair of Suicide Prevention Research at The Royal. In this talk, Dr. Kaminsky will discuss some of the science behind suicide, including some psychological theories and underlying biology potentially predisposing someone to suicidal thoughts. A discussion of suicide risk factors, community scale interventions, and individual level interventions will be presented, including the Applied Suicide Intervention Skills Training (ASIST) method and its general principles as they relate to suicide data. Some tools to get connected to community resources will be briefly discussed. [Register now!](#)

#### ★ Professional guidance for substitute decision makers

Date: March 22, 2022 – 6:30pm-8pm

Presenter: Elizabeth Hughes

Description: Elizabeth Hughes is the patient advocate at the Psychiatric Patient Advocate Office located at the Brockville Mental Health Centre. This office provides rights advice and advocacy across the province and engages regularly with substitute decision makers. This discussion will cover community treatment orders and outline the role and responsibilities of substitute decision makers. This seminar will be of interest to clients and families, or anyone who seeks to learn more about client rights and/or advocacy. [Register now!](#)

### ✦ What is peer support and how can it help?

Date: March 29, 2022 – 6pm-7:30pm

Presenter: Anthony Van Lamoen

Description: Peer support is created through a trusting, equal and empowering recovery-oriented relationship between two individuals who share a similar experience such as a mental health or substance use issue. Peer support can build a person's self-confidence, independence, sense of empowerment, and hope. In this webinar, Anthony Van Lamoen, a peer support worker at The Royal, will share information about peer support in the community and its benefits. [Register now!](#)

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You may also wish to follow The Royal's Family Program on [Facebook](#).

Thank you for sharing our monthly list with your family  
and caregiver networks!

