

Community Connections – June 15 Registration Form

Please register using the following link:

<http://fluidsurveys.com/s/CommunityConnections2015/>

Alternatively, this registration form 1) can be completed in electronic format and submitted attention to Stephanie Cornelius at communityconnectionsJune2015@gmail.com or 2) filled out in hard copy and submitted to PSO at 211 Bronson, Suite 314.

Please register by June 4, 2015

A. PARTICIPANT INFORMATION

Name: _____
Organization: _____
Position Title: _____
Address: _____
Town/City: _____ Postal Code: _____
Telephone: _____ Fax: _____
Email: _____
Please state any dietary requirements:

Please state any accessibility requirements:

B. WORKSHOP REGISTRATION

Please indicate which four workshops you would like to attend, selecting from the descriptions presented in this brochure.

Agenda

- 10:45 Registration
- 11:00 Welcome – Sonja Cronkhite,
Executive Director, PSO
- 11:15 Skills for Safer Living - Allan Strong,
Self Help Alliance
- 12:15 Lunch**
- 1:00 Workshops: Hearing Voices,
Mindfulness, Pathways to Recovery
- 2:00 Workshops: Peerfit, Peer 2 Peer
Wellness, Young Adult Programming
- 3:00 Coffee Break**
- 3:15 Workshops: Peer Support in Hospital
Settings, WRAP Community, Family
WRAP
- 4:15 Workshops: Alternate Realities,
Community Transitions Support,
Family Peer Support
- 5:15 PM Dinner**
- 6:00 Hearing Voices, Kevin Healey
- 7:00 Wrap-up and Closing Remarks,
Sonja Cronkhite
-



**Psychiatric Survivors
of Ottawa
presents:**

**Community Connections:
*Using peer support and peer
education to build resilience,
self-compassion and belonging***

**June 15, 2015
Ottawa Marriott, 100 Kent Street**

Psychiatric Survivors of Ottawa gratefully acknowledges the support of United Way Ottawa in making this conference available to the Ottawa community free of charge.

The conference has been structured to provide participants with an overview of the range of education and support groups offered by PSO and available to peers and family members in the City of Ottawa, together with sharing some emerging innovative approaches from other areas of the province.

Workshop Facilitators' Overview

Please see the agenda attachment for a brief description of each workshop.

Nathalie Cote is a Family Peer Support Worker. Nathalie provides bilingual support to family members and co-facilitates our Family Peer Support groups and Family WRAP group series. Nathalie also participates in The Royal Mental Health Centre Family Advisory Committee. *(Facilitating Family WRAP, Peerfit, and Family Peer Support workshops)*

Tyrone Gamble is a Peer Support Worker at the Queensway Carleton Hospital. He has personal experience living with voices and alternate realities. Tyrone uses this experience and the insights he has gained from them to facilitate the Living with Voices and Alternate Realities groups at PSO. *(Facilitating Alternate Realities, Peer Support in a Hospital Setting workshops)*

Andrew Grant is a Peer Support Worker at The Ottawa Hospital Civic campus. He also facilitates Youth WRAP at PSO and Pathways to Recovery program in outpatient units. *(Facilitating Pathways to Recovery, Young Adult Programming workshops)*

Elliot Hudson is a Peer Support Worker at The Ottawa Hospital Civic campus as well as a certified WRAP facilitator. Elliot is currently involved in facilitating our Community Transitions group, supporting individuals transitioning from hospital to community. *(Facilitating Community Transitions Support workshop)*

Bill Janes is a Community Mental Health Nurse at Lanark County Mental Health (since 1997) and a dedicated WRAP Facilitator. Bill has been facilitating WRAP groups with Lanark County Mental Health and The Mental Health Support Project of Lanark County since 2007. *(Facilitating WRAP Community workshop)*

Shannon Labelle is the Recovery Connections Manager supervising the Peer Support Workers located in the Ottawa hospitals as well as Family Peer Support Workers located at The Bronson Centre. Shannon is actively involved in Young Adult Mental Health services. *(Facilitating Young Adult Programming workshop)*

Yulia Lagoutina is a Peer Support Worker at Montfort Hospital and our newest staff member. Yulia provides bilingual one on one and group support. She is also a certified WRAP facilitator and involved with Community Transitions programming. *(Facilitating Community Transitions Support workshop)*

Neil McKinney is the Group Coordinator for Mindfulness, Peer Fit, and Yoga. Neil also maintains our membership list and produces a monthly newsletter for our membership. *(Facilitating PeerFit workshop)*

Mark Parsons is the Recovery Connections Manager supervising all Recovery Connections staff. He has been working in Peer Support for 24 years. *(Facilitating Peer Support in a Hospital Setting workshop)*

Krista Shackelford co-coordinates Peer 2 Peer Wellness, a program matching trained peer supporters with individuals transitioning out of the Royal Ottawa Mental Health Centre. *(Facilitating Peer 2 Peer Wellness Workshop)*

Heather Tasker co-coordinates Peer 2 Peer Wellness. She also assists PSO with program evaluation, and is working actively to increase peer support opportunities for youth in the Ottawa area. *(Facilitating Peer 2 Peer Wellness Workshop)*

Melissa Yaxley-Stillman is the Peer Facilitation Coordinator at PSO and has been involved in the field of peer support for ten years. She coordinates the WRAP (Wellness Recovery Action Plan) groups across the Champlain LHIN as well as the Family WRAP and Pathways to Recovery groups in the City

of Ottawa. *(Facilitating Pathways to Recovery, WRAP Community workshops)*

Beata Ziolkowski is a Family Peer Support Worker at PSO. Beata provides one on one support to family members as well as co-facilitating Family WRAP groups and the Family Support Group. Beata also produces PSO's Family Support Newsletter monthly. Beata is also involved in the Consumer Involvement Project at CMHA. *(Facilitating Family WRAP and Family Peer Support workshops)*

Randy Walsh has provided 8-week Mindfulness-Based Stress Reduction program for health centres, hospitals, private therapists, and Psychiatric Survivors of Ottawa (PSO).

Keynote Speaker s' Profiles

Kevin Healey is the founder and coordinator of recoverynetwork: Toronto, an online resource about recovery. He is also the facilitator of the Toronto Hearing Voices group and works with agencies to train staff, building capacity to support people who hear voices in the Toronto area. In addition to providing the keynote presentation in the evening, he will be facilitating the Hearing Voices workshops.

Allan Strong is the Team Lead for the Skills for Safer Living Program, a combination of a twenty week skills based group and a peer support group for individuals with recurring thoughts and behaviours about suicide, available to people living in the Waterloo-Wellington area, funded by the Local Health Integration Network. Allan also has extensive experience in implementing peer support models in hospital settings.