



September 16
at *The Oasis in Kanata*
*A place for caregivers of
people with mental illness*

Limit Setting & Communications

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, September 16, 7pm
Free. All welcome.**

Setting limits and communicating effectively are vital skills for caregivers of people with mental illness to acquire and use to assist their loved ones on their road to recovery. Guest speakers Juliet Haynes (The Royal), Karen Hanna (Ottawa Network for Borderline Personality Disorder), and Madeleine Bertrand (Family-to-Family Education Programs for Ontario) will explore this topic from lived experience and family skills training perspectives.