

# FAMILY FORUM

**Wednesday, May 14, 2008,  
7:00 – 9:00 pm**

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**Centre for Addiction and Mental Health,**  
33 Russell Street,  
Meeting Centre (room 2029),  
Toronto (near the intersection of College and Spadina)

Free of charge. Refreshments will be provided

**For more information please contact:**

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OPEN TO THE GENERAL PUBLIC

## MENTAL ILLNESS AND CO-OCCURRING ALCOHOL AND/OR DRUG PROBLEMS:



## SUPPORTING FAMILIES ON THE JOURNEY

### Speakers:

- Carol Parker, MSW, Advance Practice Clinician, Addictions Program, CAMH
- Wayne Skinner, MSW, Deputy Clinical Director, Addictions Program, CAMH
- Family member of someone living with a concurrent disorder
- Representatives from some of CAMH's services for families

Co-occurring substance use and mental health problems can affect the lives of family members. Family support is an important factor in healing and recovery. Letting go, moving forward, rediscovering goals, and having hope for the future are all part of family recovery.

### The forum will explore:

- Feedback provided by families on their needs and what was helpful to them in dealing with the serious addiction and mental health problems of a family member.
- Value of reframing the experience of substance abuse and mental health problems as a “journey” with many twists and turns, but always moving ahead.
- Importance of self-care.
- How support from others can help.
- Benefit of acquiring skills and knowledge to assist with boundary setting, problem solving and working in partnership with treatment services and providers.

There will be time for questions and discussion at the end.