



Hi there,

It seems that spring weather will soon be here, as will some exciting stuff we've been working on! Keep reading to find out about our upcoming Laughing Like Crazy showcase, WRAP 2, our new CHOICE-D Guidebook, and our latest annual report.

*"No one is immune from addiction;
it afflicts people of all ages, races, classes, and professions."
- Patrick J. Kennedy*




Patrick J. Kennedy at the
Royal Ontario Museum
on March 27, 2018

WATCH NOW

ON-DEMAND: AN EVENING WITH PATRICK J. KENNEDY

Couldn't make it to **An Evening With Patrick J. Kennedy** but want to hear Patrick speak? You're

in luck! Patrick's speech is now available on-demand. Register and view it [here](#).

You can also watch **The Show About with Simone RC** interview Patrick after the event [here](#).

THANK YOU TO ALL OUR VOLUNTEERS

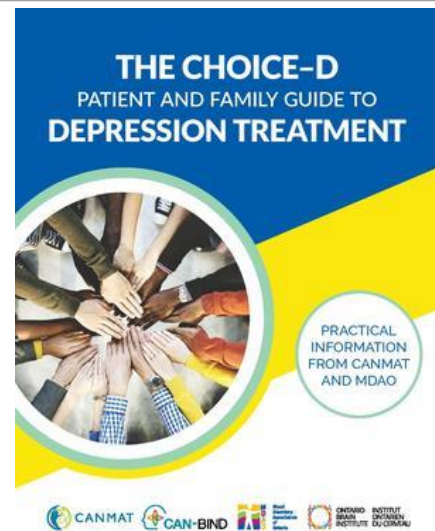
We couldn't have done it without you!

Thank you to our fabulous team of volunteers and staff members who helped put An Evening With Patrick J. Kennedy together. The night was a great success and we're lucky to have had a great team of volunteers working hard behind the scenes to help us pull it off.




FREE GUIDE TO DEPRESSION TREATMENT

Check out our new resource on depression treatment options! **The CHOICE-D Guide** was created in partnership with individuals who have personal experience with depression, for persons living with depression. Written in lay language, our intention is to empower individuals to understand treatment options and to engage in conversations about treatment options with their health care providers. Learn more about your options and how to start a discussion with your health care provider with this FREE guide here



Download your FREE copy of the **CHOICE-D Patient and Family Guide to Depression Treatment** [here](#).



Early Psychosis Intervention Family Forum

2nd and 4th Thursday of month
from 7:00-8:50 p.m.
36 Eglinton Ave. West, Suite 602, Toronto

Thursday April 26, 2018 – Stages of Change & Motivation
Thursday May 10, 2018 – Assertive Communication
Thursday May 24, 2018 – Emotional Awareness
Thursday June 14, 2018 – Mindfulness

EARLY PSYCHOSIS INTERVENTION FAMILY FORUM

Based on the **Family Matters Open Family Forum** model, this peer support and psycho-educational group is open to families with a loved one experiencing psychosis. **This group will be offered twice per month on the 2nd and 4th Thursday from**

7:00-8:50 p.m.

Group participants will receive peer support, psychoeducational tools, and resources to support communication, cope with stress, and manage psychosis.

RSVP to Stacey at staceyb@mdao.ca or 416-486-8046 ext. 237.

BECOME A WRAP FACILITATOR

Register now for our upcoming five-day **WRAP Level 2 Workshop!**

- Learn how to facilitate WRAP Level 1
- Get support from two certified *Advanced Level WRAP Facilitators*
- Learn how to demonstrate the values and ethics of WRAP as a facilitator

Visit our website [here](#) to learn more about WRAP Level 2 Training.

When: May 14 – 18, 2018
Where: TBA (Central Toronto)

To find out if you are eligible for our WRAP 2 Workshop, contact Eric at ericj@mdao.ca or phone 416-486-8046 ext. 224. You can also register online [here](#).



WRAP Level 2

Wellness Recovery Action Plan



COME LAUGH YOUR HEAD OFF

Check out our **3rd Laughing Like Crazy Comedy Showcase** featuring stand-up comedy performances from the newest graduates of the Laughing Like Crazy Program. Writing comedy about experiences in the mental health system is crazy.

When: Thursday April 26, 2018
7:00–9:00 p.m. Doors open at 6:30 p.m.

Where: Central YMCA Auditorium, 2nd Floor 20 Grosvenor St, Toronto

(closest subway stations: College or Wellesley)

Admission is free! But seating is limited, reserve your tickets [here](#).

WELLNESS IN THE WORKPLACE

Each week, over 500,000 Canadians are unable to work because of mental health problems. It's important to build mental health awareness in the workplace to create an inclusive, supportive and healthy work environment.



Find out how your workplace measures up by taking our quick and easy [Check Up @ Work](#) quiz.

Our **Changing Minds At Work** workshop teaches both managers and employees how to:

- Recognize and address mental health problems
- Access support services
- Manage disability leave and return to work programs
- Provide workplace accommodations

Learn more on our website [here](#).

If you are interested in bring our **Changing Minds at Work** workshop to your workplace, or for more information on the program, contact **Omar Ansari** at 416-486-8046 ext. 251 or omara@mooddisorders.ca.

YOUTH LIVING WELL

For youth and young adults aged 16-29 affected by mood disorders and related issues. This open-ended group focuses on relationship issues with immediate family members, friends, and other close supporters.

Meeting the 2nd and 4th Thursday each month

36 Eglinton Ave. West, Suite 602 | 6:00-8:00 p.m.

To attend an upcoming group, RSVP to Allison at: allisondunning@mooddisorders.ca or 416-486-8046 ext. 222

FREE INFORMATIONAL GROUP FOR TEENS AND YOUNG ADULTS

Youth Living Well is a mental health recovery program for youth ages 16-29 who are coping with mental health related challenges. This group addresses interpersonal dynamics and challenges that arise for youth, discusses coping strategies and resources related to building and maintaining relationships, and provides psycho-educational

information for individuals coping with mental health challenges. **Youth Living Well** is part peer support, discussion, and group exercise centered around a specific topic each week. Recent topics have included; social media and mental health, naming and claiming emotions, self-advocacy

and mental health, and a workshop related to apps and online resources that are supportive of mental health challenges.

This group runs twice a month on the 2nd and 4th Thursday of the month from 6:00–8:00 p.m. Interested in attending? RSVP to Allison Dunning, Peer Support Coordinator at 416-486-8046 ext. 222 or via email at allisondunning@mdao.ca.

UPCOMING CONFERENCE

Join Us For An Event Focused on Improving Workplace Mental Health & Wellness

We are proud to support The Canadian Institute's **Workplace Mental Health & Wellness** conference on **April 17-18, 2018**. Over two full days, share the room with industry leaders and mental health experts for practical information and strategies that you can take back to your workplace. Get answers to your critical

questions directly from top Canadian corporations and organizations, including The Canadian Centre for Occupational Health and Safety (CCOHS), Ontario Public Service Employees Union (OPSEU), The Beer Store & Brewers Distributor Ltd., Assembly of First Nations and many more.

Date: April 17-18, 2018

Location: Old Mill Toronto,
21 Old Mill Road, Toronto, Ontario

Website: www.canadianinstitute.com/WMHW

Register by [clicking here](#), calling **The Canadian Institute** at 1-877-927-7936 or emailing customerservice@canadianinstitute.com.

SAVE 10% by mentioning D10-414-414CX04.

We hope to see you there!





LOOKING FOR NEW WAYS OF LIVING WILL WITH BIPOLAR DISORDER?

The ORBIT Research Project (Online, Recovery-oriented, Bipolar Individual Therapy) is looking to recruit participants from around the

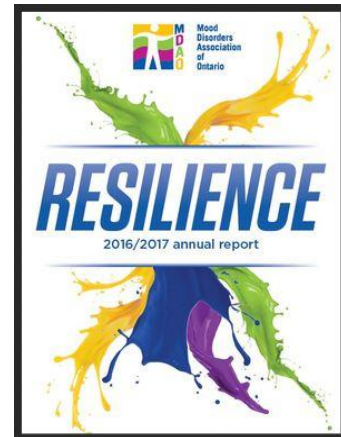
world to help test out exciting new online resources designed to improve quality of life in people who experience bipolar. For more information, or to sign up to participate, visit their website [here](#).

VIEW OUR 2016-2017 ANNUAL REPORT

Our 2016-2017 Annual Report is now available online to view. See what we've been up to and how we touched the lives of 275,000 people in 38 communities across Ontario.

You can also find a full list of our 36 affiliate groups, major donors, and our 2016-2017 Financial Statement in the report.

Find the full version online [here](#).



WELCOME DEBRA FINE

We're excited to have **Debra Fine** join our team as our new **Family Matters Mental Health Counsellor**.

Debra is a Registered Psychotherapist (RP) and holds a Masters degree in Counselling Psychology. She brings with her over fifteen years of experience providing psychotherapy.

Debra brings a balance of extensive clinical experience, strong facilitation, group design and valuable relationship skills in working with multidisciplinary teams, including Physicians and other Health Practitioners. Her keen ability to manage complex and competing priorities, her tremendous communication skills, and **ability to build rapport**; will work well with our team; as she works collaboratively with staff, volunteers, clients, participants, stakeholders and partners efficiently.



JOIN US AT THE *OUT OF DARKNESS* FILM PREMIERE

Our research partners at **Sunnybrook Health Sciences Centre** have a free film premiere screening of ***Out of Darkness*** - a short film series exploring the raw reality of living with bipolar disorder.

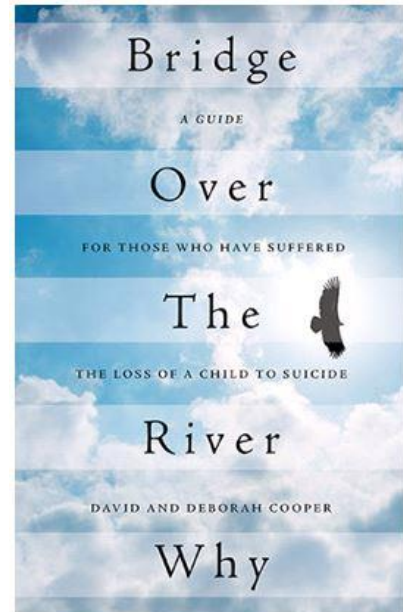
Michael Landsberg will be the host, along with a panel discussion with patients and medical experts.

Out of Darkness premieres Thursday May 10, 2018 at 6:00 p.m. - details and registration is [here](#).

FROM OUR FRIENDS AT ELI'S PLACE

Bridge Over The River Why: A Guide for Those Who Have Suffered the Loss of a Child to Suicide by David Cooper and Deborah Cooper

This guide will resonate with many parents who have endured the loss of a child. However, it has been created with the particular needs of the parent in mind who has suffered the death of a child by suicide. This guide is not a work of staggering genius. It's the only story we know how to tell, one of lived experience. It is through the lens of bereaved parents, as only parents who have survived their child can truly understand.



"This book is an excellent guide for parents and others grappling with a suicide loss. The Coopers are an authentic compassionate pair of voices that speak from their lived experience. Cross the bridge and take the journey with them. A journey of tears and ultimately, hopefulness." —Alex Shendelman, Program Manager The Survivor Support Program, Distress Centres, Toronto



The guide is currently for sale on the FriesenPress bookstore. You can purchase it [here](#). It will be available on Amazon in May.

JOKE OF THE MONTH

**“My doctor is so tired of seeing me,
now when I go to our sessions, he lies down on the couch.”**

- Mindy K., [Laughing Like Crazy](#) Graduate

**Get social with
us!**

