



# From **CHAOS** to *Calm*

## Developing Stronger Boundaries

The purpose of the **From Chaos to Calm** program is to help family members/close supporters of people with mental health issues to evaluate the effectiveness of their current relationship boundaries and develop strategies to enhance, create, and assert their boundaries with their loved ones. Through this group, participants will have the opportunity to: reflect on their personal boundaries and how they impact their interpersonal relationships; develop communication and assertiveness strategies; and increase their understanding of how boundaries are developed and the connection between boundaries and overall well-being.

### Upcoming Program Dates:

Wednesdays, 4pm-6:30pm

- ◆ February 8 & 15
- ◆ March 1, 8, 15, 22, & 29
- ◆ April 5

An **information session** will be held on **Wednesday, January 25** from **5:30pm-6:30pm** at the **MDAO Office (36 Eglinton Avenue West, Suite 602)**.

Attending the information session is necessary to register for the program.

RSVP to Becky at [beckyc@mdao.ca](mailto:beckyc@mdao.ca) or call 416-486-8046 ext. 240.