



# Toronto Recovery Group

## Gaining Autonomy with my Medication (GAM)

*Information Session:*

Thursday Oct 23 2014 - 1:30 pm to 4:00 pm

*Course:*

Thursday Oct 30 2014 - Dec 18 2014  
1:30 pm to 2:30 pm

Do you struggle with figuring out how medications fit into your life? Tired of people telling you what to do about your psych meds? Want a different approach to looking after your meds?

Want to take more CONTROL over your psychiatric medication?

The MDAO will be offering a Gaining Autonomy with my Medication (GAM) Group. This group takes a quality of life approach to psychiatric medication that gets away from the tired arguments of whether medications are “good” or “bad”, and focuses on what’s best for YOU. Still relatively new to Ontario, GAM has been hugely successful in Quebec, and has gained acclaim from psychiatric consumer/survivors themselves, to psychiatrists, and in universities.

To register for GAM at MDAO please contact Eric at [ericj@mooddisorders.ca](mailto:ericj@mooddisorders.ca) or 416 486 8046x 224