



May 16
at The Oasis in Kanata

Readying Yourself to Become Resilient

**For caregivers of people
with mental illness**

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata**

Monday, May 16, 7 to 9 pm

Free. All welcome.

Caregiver burden can be reduced by improving family resilience: the ability to develop adaptive interpersonal skills, such as differentiating the person from the illness, and positive family qualities, such as mutual acceptance and empathic involvement. This can contribute to a sense of family wellbeing, ensuring the best outcome for both patient and caregiver. **Dr. Laura Nichols**, a registered Psychologist, will discuss methods for caregivers to develop the resilience necessary to cope with their loved one's illness.