



November 19

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Overcoming Resistance to Treatment

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, November 19, 7pm
Free. All welcome.**

Many caregivers wonder how to support their loved ones when they either do not recognize the effects of mental illness or they do not appear to want help for themselves. People with lived experience with mental illness will share their experiences with treatment and ongoing recovery, and provide suggestions for caregivers on how to continue to provide support when their loved ones seem unreachable.