

Family Wellness Retreat Schedule

Morning

10:00am -Welcome, continental breakfast,
opening remarks

10:15-11:15am -Donna Forget (True Self)
Lateral Violence presentation

11:15-11:30am Break

11:30- 12:15pm -Shawna Lagaisse (Lived
Experience and Recovery Network)
presents Exploring Adaptive
Communication Strategies

12:15-1pm- Lunch Buffet

Afternoon

1:00-1:45pm- Mike Lee (CMHA Crisis Worker)
Coping Skills for Family Members

1:45- 2pm- Break, event surveys, closing
remarks

2:00-3:00pm-Barry Hayward, Drumming Circle

(Schedule is subject to change)

May 4th, 2019

**Hidden Valley Resort, 1755 Valley Road,
Huntsville**

10-3P.M.

**The Council of Consumer/
Survivor and Family Initiatives
(C.O.I.) is pleased to host-**

FAMILY WELLNESS RETREAT

Are you a person who
supports an individual living
with a
mental health issue?

**THEN THIS EVENT IS FOR
YOU!**

*This Family Wellness Retreat is
being
provided to caregivers and family
members who care for and support
individuals
living with mental health
issues.*

*Come out and meet other family
members in your community.*

*Enjoy a day of
entertainment, education and
support.*

*Spend a free, fun day
focused on your
wellness!*

*We look forward to
meeting you.*



For more info contact:
VALERIE KITCHEN, Program Coordinator-Council of Consumer/Survivor and
Family Initiatives (C.O.I.)

705-384-5392 x 4228

Supported by / Avec le soutien de

