

Recovery from a Mood Disorder Workshop

Contact

For dates, times and further information on the workshop please contact:

- ◆ Debbie Radloff-Gabriel
Occupational Therapist
613-548-5567, ext. 5882

Mood Disorders Research & Treatment Service
Providence Care
Mental Health Services site
752 King Street West
Kingston, ON K7L 4X3

Recovering from a mental illness is not an easy process. The goal of this workshop is to provide the participant with information and skills needed to strengthen the recovery process, to cope more creatively, and to live life more fully.



Providence Care

is a leading provider of compassionate, non-acute health care, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

Our Vision

Providence Care will lead the way in compassion and discovery.

Our Mission

Trusting in Providence and strengthened by the spirit and tradition of our Founders, the Sisters of Providence of St. Vincent de Paul, we enhance the quality of life by meeting the physical, emotional, social and spiritual needs of each person.

We work with our partners to innovate and excel in education and research.

We treat each person with respect, dignity and compassion.

Our Values

*Respect & Dignity ♦ Compassion
♦ Stewardship*

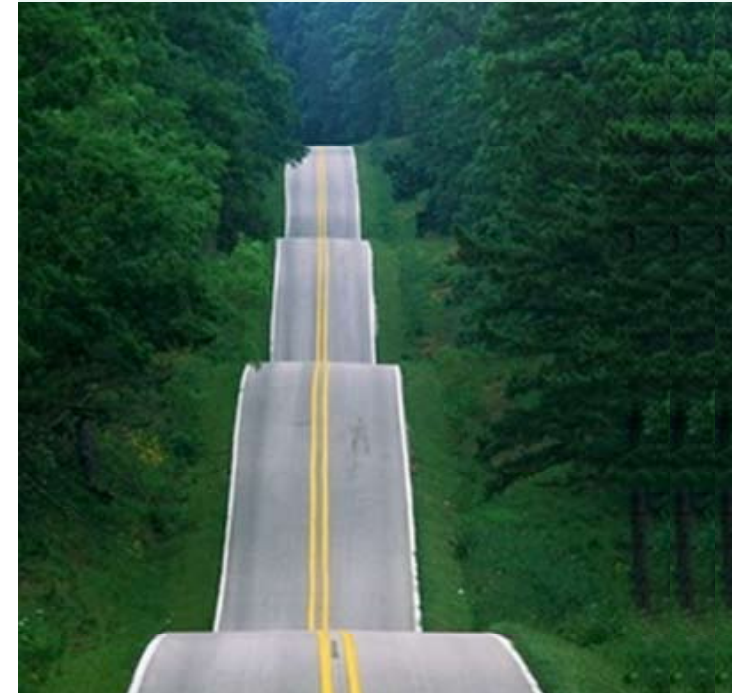
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Recovery from a Mood Disorder Workshop

Practical Coping and Empowerment Strategies



The road to personal empowerment

For clients of the
Adult Treatment and Rehabilitation
Mood Disorders Research &
Treatment Service

Providence
Mental Health
Services site
Care

Recovery from a Mood Disorder

Mood disorders can have a serious impact on the lives of people who experience them.

Recovery is the process by which people with a psychiatric disability rebuild and further develop important personal, social, environmental, and spiritual connections, and confront the devastating effects of stigma through personal empowerment.

Recovery is a process of adjusting one's attitudes, feelings, perceptions, beliefs, roles, and goals in life. Recovery involves creating a new personal vision for oneself.

Who can attend the workshop?

Anyone who receives services from the Mood Disorders Research and Treatment Service is welcome to attend.

The workshop consists of eight weekly sessions.

What will I learn?

As a group, participants will follow “The Recovery Workbook- Practical Coping and Empowerment Strategies for People with Psychiatric Disability” and work towards self-discovery, self-renewal, and transformation.

Through the recovery process you will:

- ◆ become aware of the recovery process
- ◆ increase knowledge and control
- ◆ become aware of the importance and nature of stress
- ◆ enhance personal meaning
- ◆ build personal support
- ◆ develop goals and a plan of action

Sessions will include group activities and participants will be provided with personal exercises to complete at home.

What will I receive?

Each participant will receive a copy of “The Recovery Workbook’ on loan and corresponding worksheets will be provided.

Chapter 1: Introduction

Chapter 2: Recovery

Chapter 3: Increasing Knowledge and Control

Chapter 4: Managing Life Stresses

Chapter 5: Enhancing Personal Meaning

Chapter 6: Building Personal Support

Chapter 7: Setting Personal Goals

Courage consists in the power of self recovery.

- Ralph Waldo