



FAMILY PEER SUPPORT GROUP CALENDAR - 2022

Dates:	Discussion Topics:
Jan 3, 2022	Open Discussion, Sharing and Support
Jan 10, 2022	How to Be Hopeful
Jan 17, 2022	Open Discussion, Sharing and Support
Jan 24, 2022	Understanding Complicated Family Relationships
Jan 31, 2022	Open Discussion, Sharing and Support
Feb 7, 2022	Coping with Family Members
Feb 14, 2022	Open Discussion, Sharing and Support
Feb 21, 2022	Statutory Holiday. Closed
Feb 28, 2022	Being Honest with Ourselves
Mar 7, 2022	Open Discussion, Sharing and Support
Mar 14, 2022	Controlling vs. Trust
Mar 21, 2022	Open Discussion, Sharing and Support
Mar 28, 2022	How to Improve People Skills or Soft Skills
Apr 4, 2022	Open Discussion, Sharing and Support
Apr 11, 2022	A Talk about Forgiveness
Apr 18, 2022	Statutory Holiday. Closed
Apr 25, 2022	What are Triggers and How to Deal with Them
May 2, 2022	Open Discussion, Sharing and Support
May 9, 2022	Dealing with Complex Grief Processes
May 16, 2022	Open Discussion, Sharing and Support
May 23, 2022	Statutory Holiday. Closed
May 30, 2022	Coping with Loneliness
Jun 6, 2022	Open Discussion, Sharing and Support
Jun 13, 2022	Using Language to Support Myself
Jun 20, 2022	Open Discussion, Sharing and Support
Jun 27, 2022	Hopes and Dreams for the Future
Jul 4, 2022	Open Discussion, Sharing and Support
Jul 11, 2022	The Importance of Healthy Routine
Jul 18, 2022	Open Discussion, Sharing and Support
Jul 25, 2022	Choosing our Own Path
Aug 1, 2022	Statutory Holiday. Closed
Aug 8, 2022	Open Discussion, Sharing and Support

Dates:	Discussion Topics:
Aug 15, 2022	The Importance of Having Alone Time
Aug 22, 2022	Open Discussion, Sharing and Support
Aug 29, 2022	Getting Away from Bad Situations
Sept 5, 2022	Statutory Holiday. Closed
Sept 12, 2022	Open Discussion, Sharing and Support
Sept 19, 2022	A Talk about Respect and Self-Respect
Sept 26, 2022	Open Discussion, Sharing and Support
Oct 3, 2022	How to Deal with Getting Discouraged
Oct 10, 2022	Statutory Holiday. Closed
Oct 17, 2022	Open Discussion, Sharing and Support
Oct 24, 2022	The Story We've Been Telling Ourselves
Oct 31, 2022	Open Discussion, Sharing and Support
Nov 7, 2022	Managing Conflicts
Nov 14, 2022	Open Discussion, Sharing and Support
Nov 21, 2022	A Talk about Self-Empowerment
Nov 28, 2022	Open Discussion, Sharing and Support
Dec 5, 2022	Assertiveness vs. Aggression
Dec 12, 2022	Open Discussion, Sharing and Support
Dec 19, 2022	Holidays – Triggers and Pleasures
Dec 26, 2022	Group cancelled

Meeting Time: Mondays, 6:30 - 8:30 pm on Zoom

For registration, please contact **Sean Dillon** at: SeanD@pso-ottawa.ca or 613-567-4379 ext. 221

