

7. Panel of Family Members:

In this panel session you will hear stories of joy and frustration from family members who have walked along side their loved ones who live with a mental illness. Be encouraged that you are not alone in this journey.

Conference Fee Early Bird **\$55**
(Before March 14, 2010)
Conference Fee **\$65**
After March 14th
(includes hot lunch and refreshments)

To Register

Fill out the form below and send along with fee. Cheques payable to "Faith and Hope Ministries"; mail to Freda Kennedy, 201 Dingman Rd, Castleton, ON K0K 1M0, or Fax to 613-475-2820.

For online registration go to www.faithandhopeministries.net

Name: _____

Address: _____

City: _____ PC: _____

Email: _____

Church affiliation: _____

Agency affiliation: _____

I will be attending the following seminars:

Dr Grant Mullen - Keynote Speaker

Breakout Session 1

First choice _____

Second Choice _____

Breakout Session 2:

First choice _____

Second Choice _____

Registration begins at 8:30am and conference ends at 4:30pm.

Best Western Inn located at 930 William Street, Cobourg, ON.
Exit 472, South onto Burham Street, left on to Elgin Street.



FAITH AND HOPE MINISTRIES

...in Your name I will hope, for Your name is good. Psalm 52:9

Faith
Hope
IN MENTAL HEALTH
Presents:

Caring for One Another

Saturday, March 27, 2010

Keynote Speaker:
Dr. Grant Mullen

at Best Western Inn & Convention Centre
Cobourg, Ontario

*Helping our communities of faith
serve those with mental illness*

www.faithandhopeministries.net

Keynote Speaker

Dr Grant Mullen

Dr. Grant Mullen is a mental health physician who lectures internationally on the keys to emotional recovery and healthy relationships. He has a special interest in depression, mood swings, anxiety disorders and how these conditions affect Christians. Dr. Mullen teaches how medical treatment can be successfully combined with emotional and spiritual healing to break the chains of emotional bondage which leads to people being transformed. He is the author of 4 books and 16 DVDs.



AM session:

Moods: A Christian Approach to Depression, Anxiety and Mood swings.

Many people, including Christians, are often very confused and misinformed about the nature and treatment of mental illnesses. Often, Christians are also very suspicious of psychiatric treatments, so many are suffering needlessly from correctable conditions. Dr. Mullen will remove the mystery and confusion about the diagnosis and treatment of mood disorders.

AFT session:

Fear, When Trust is Lost

Worry, fear and anxiety are the most common emotional and mental health problems that torment our minds. With this session you will be able to recognize and address the three sources of your fear and begin the walk to freedom.

Breakout Speakers List

- 1. Preventing Burnout**
- 2. Support Groups**
- 3. Addictions**
- 4. Early Psychosis Intervention**
- 5. Men and Depression**
- 6. Spiritual Support of the Mentally Ill**
- 7. Panel of Family Members**

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Breakout Speakers

1. Preventing Burnout

Don Perkins, Director of Shepherd's Care, leads a care giving ministry to Pastors and Christian workers as an extension of Heritage College and Seminary in Cambridge Ontario, as well as being the Director of Pastoral Care at West Highland Baptist Church in Hamilton Ontario.

Don provides a Biblical approach to this workshop on Preventing Burnout. He will discuss how to keep a close watch on how you live "Running on Empty" staying true to what is right, "Spiritual Overachievers;" and "Care for the Caregivers."

2. Support Groups

Janice Kroft, Social Worker.

Janice has provided mental health support individually and in group settings for over 30 years.

This session will focus on facilitating and nurturing a community of understanding and mutual support.

3. Addictions

Charles Tapp

Charles is a counselor, currently in private practice, and has worked extensively in addictions, including treatment, assessment, and program supervision. Charles is also an educator on addictions at Loyalist College, Belleville, ON.

This session will give an overview of addictions which include myths, continuum of use and dependence and awareness of different types of addictions. Special attention will be given to being an effective helper in the process of addiction and a discussion on appropriate types of interventions.

4. Early Psychosis Intervention

Marc Baribeau RN,BA, Gord Langill MSW,RSW

Psychosis in the early stages can be difficult to recognize, but our workshop will provide some Early Identification Skills and names of related resources to anyone who attends. Participants will then be able to share this information with others who might be able to recognize a young person who could be getting ill with psychosis and where to refer them.

5. Men and Depression

Imtiaz Ahmed

Imtiaz has a back ground in human behavior and is currently working to complete his degree in sociology/psychology

In this session we will hear about Imtiaz's story of depression, and his journey to recovery and healing. We will get a glimpse into the response of his coworkers and employer, and his own paradigm change. Imtiaz will also highlight the importance of recognizing signs of male depression and how to seek help in dealing with it.

6. Spiritual Support of the Mentally Ill

Marjorie Swarthout

Marjorie offers individual spiritual and grief counselling to clients with issues of grief and loss, guilt, meaning and purpose in their life or people with mental illnesses who have specific religious/spiritual concerns. Marjorie also co-facilitates a weekly spiritual support group which examines how spirituality can help clients cope more effectively with serious mental illness.

This session will examine the spiritual issues that are particular to people living with serious mental illnesses. It will also look at the impact of addressing spiritual needs on client well-being and the various barriers and means to providing spiritual support.