



January 14

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Conversations about Change

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, January 14, 7pm
Free. All welcome.**

Many caregivers wonder how to support their loved one when they either do not recognize the effects of mental illness or appear to want help for themselves. Danny Lang, a mental health and substance use therapist, will provide an overview of how the principles, skills, and methods of Motivational Interviewing (*an approach designed to deal with ambivalence*) can be helpful when having conversations about change.