

# Calendar September - December 2022

amiquébec

Agir contre la maladie mentale  
Action on mental illness

## Interactive Workshops

Register now: [amiquebec.org/workshops](https://amiquebec.org/workshops)

For family and friends only:

### One Time Workshops

Online on Google Meet; 6-8 pm

**Anger and Caregiving Relationships**  
September 15

**Coping Skills** September 22

**Boundaries & Setting Limits**  
October 6

**Creative Expression**  
October 27, 6-7:30pm

**Acceptance & Letting Go**  
November 3

**Intro to BPD** November 8

**De-escalating Conflict**  
December 8

### Workshop Series

Online on Google Meet; 6-8 pm

#### Caregiver Group

Runs for 6 weeks  
Wednesday Group  
Starts September 7, 3-4:30pm  
Monday Group  
Starts September 12, 7-8:30pm

#### Meditation

Runs for 10 weeks on Wednesdays  
Starts September 28, 11am-12pm

#### Caregivers 55+

October 18, 25, and November 1, 10am-12pm

#### Write From the Heart

Runs for 6 weeks on Thursdays  
Starts November 10, 1-2pm



For family and friends only:

### In Person Workshop

At the AMI office, 5800 Decarie, 6-8pm

**Hands On Practice for Challenging Situations**  
November 29

### For people living with mental illness only

**Ageing Well With Mental Illness**  
November 15, 22, and 29, 10am-12pm

### For everyone:

#### Hot Topics

Surprise guests and breaking news from the mental health world—live, online; watch the recording if you miss the live event.

Subject to change; other workshops may be added. Check [amiquebec.org](https://amiquebec.org) for updated information. **All our programs are free!**

## Online Support Groups

For information: [amiquebec.org/support](https://amiquebec.org/support)

Mondays, 6:30-8:00 pm online on Google Meet. Registration not required.

### For family, friends, and people living with mental illness:

ANXIETY/OCD	BIPOLAR DISORDER	DEPRESSION	HOARDING
October 3	September 12	September 12	September 19
November 7	October 17	October 17	October 24
December 5	November 14	November 14	November 21
	December 12	December 12	December 19

### For people living with any mental illness only:

KALEIDOSCOPE
September 19
October 24
November 21
December 19

### For family & friends only—any mental illness welcome:

FAMILY AND FRIENDS	YOUNG FAMILY & FRIENDS (18-30 year olds)	BORDERLINE PERSONALITY DISORDER FOR FAMILIES	SOUTH SHORE FAMILY & FRIENDS
September 19 October 3, 24 November 7, 21 December 5, 19	September 12 October 17 November 14 December 12	October 3 November 7 December 5	Wednesdays, 6:30 – 8pm September 14; October 12; November 16; December 14

Look for **AMIQuebec** on:



Facebook



YouTube



Instagram



Twitter



TikTok

### Low-Ber Memorial Lecture

October 13, 12pm

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### Special Event

Rethinking Psychiatry  
November 10, 7pm

[amiquebec.org](https://amiquebec.org)  
**514-486-1448**

5800 Decarie Blvd.  
Montreal, QC H3X 2J5