

# Making it Happen 'OUR WAY'

The 4<sup>th</sup> Annual CAN-HELP  
Consumer & Family Member Conference  
will be held in Kenora  
at the Best Western, Lakeside Inn & Convention Centre  
on October 26<sup>th</sup> and 27<sup>th</sup>, 2002

## Keynote Speakers:

Pat Capponi is an author, journalist, speaker and social activist.

David Reville has built an international reputation as an advocate for reforms to the mental health system. David is a principle in David Reville and Associates which does social research and community development.

Diana Capponi is the Executive Director of OCAB (Ontario Council of Alternative Business) and is devoted to the development of employment opportunities for psychiatric survivors.

## Workshops will include:

The Hearing Voices Workshop will give family members an opportunity to experience what it is like to hear voices from the consumer's perspective – limited space available.

### Consumer Run Business in Rural Ontario

Lyn Smith (Abel Enterprises) will be telling us how they make consumer business work in a small town, how they got started and where they are going from here.

### Quality Assurance in the Kenora / Rainy River District

The final report from the Quality Assurance Project will be presented.

**REGISTRATION FORMS TO FOLLOW SOON  
FOR MORE INFORMATION CALL 807-467-8280  
OR TOLL FREE AT 1-866-872-0408**

# Making it Work 'FOR US'



Can-help is a community investment fund initiative sponsored by: Canadian Mental Health Association – Fort Frances Branch and funded by: The Ministry of Health & Long Term Care, Ontario

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Check One	_____
Consumer	_____
Family Member	_____
Service Provider	_____

Please check if you would like to attend the "Hearing Voices" Workshop \_\_\_\_\_

Do you require a Hotel Room? \_\_\_\_\_

Will you share? \_\_\_\_\_

With whom \_\_\_\_\_

Smoking \_\_\_\_\_ Non-Smoking \_\_\_\_\_

We are able to subsidize hotel, meals and travel costs for consumers and family within the Kenora / Rainy River District - we do encourage car pooling if available.

*Service Providers* Please include a check for \$100.00

Please fax to: 807-468-2220  
or mail to: CAN-HELP Program  
205 - 2<sup>nd</sup> St S., 2<sup>nd</sup> Floor  
Kenora, On P9N 1G1

**Deadline for Registration is  
October 7<sup>th</sup>, 2002**

**Can-Help** facilitates the development of grass-root networks of support, self-help and education for the seriously mentally ill and their families in the Kenora / Rainy River District.

Can-Help is a community investment fund initiative sponsored by: Canadian Mental Health Association - Fort Frances Branch and Funded by the Ministry of Health & Long Term Care.

Sunset Country Psychiatric Survivors (SCPS) is a self help support network for persons in the Kenora / Rainy River District who have or have had a personal mental health problem.

SCPS is a Consumer Initiative funded by the Ministry of Health & Long Term Care.



Canadian Mental Health Association  
Fort Frances  
Box 446  
Fort Frances, On P9A 3M8  
Phone: (807) 274-2347  
Fax: (807) 274-2473  
Toll Free 1-866-872-0408

## MAKING IT HAPPEN *Our Way*

THE CANHELP PROGRAM  
PRESENTS

## THE 4<sup>TH</sup> ANNUAL CONSUMER & FAMILY CONFERENCE

## KEYNOTE SPEAKERS

**Pat Capponi** has carved out a career as an author, journalist, speaker, and social activist. She has written extensively on mental health, addictions and poverty issues, including *Upstairs in the Crazy House* and *Dispatches from the Poverty Line*.

**David Reville** is a founder of several groundbreaking community organizations including *On Our Own*, a self-help group of psychiatric survivors. David served two terms on Toronto City Council and two terms in the Ontario Legislature. Between 1990 and 1994, David served as Special Advisor to the Premier of Ontario. Today, David is a principal in *David Reville & Associates* which does social research and community development.

**Diana Capponi** is a psychiatric survivor and a strong advocate for the survivor community. She is a founder and current Executive Director of the Ontario Council of Alternative Businesses.

YOU GAIN STRENGTH, COURAGE  
AND CONFIDENCE BY EVERY  
EXPERIENCE IN WHICH YOU REALLY  
STOP TO LOOK FEAR IN THE FACE.  
YOU ARE ABLE TO SAY TO YOURSELF,  
"I LIVED THROUGH THIS HORROR.  
I CAN TAKE THE NEXT THING  
THAT COMES ALONG."  
YOU MUST DO THE THING YOU  
THINK YOU CANNOT DO.  
-ELEANOR ROOSEVELT-

## AGENDA

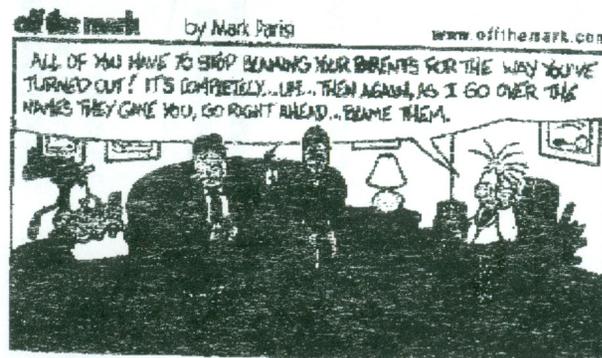
### SATURDAY, OCTOBER 26, 2002

- 12<sup>00</sup> PM REGISTRATION / LIGHT LUNCH
- 1<sup>00</sup> PM WELCOME / OPENING REMARKS
- 1<sup>30</sup> PM KEYNOTE SPEAKER DAVID REVILLE
- 3<sup>30</sup> PM QUALITY ASSURANCE PROJECT
- 5<sup>30</sup> PM SUPPER / AWARDS CEREMONY
- 7<sup>30</sup> PM KEYNOTE SPEAKER PAT CAPPONI
- 9<sup>00</sup> PM ENTERTAINMENT / KARAOKE

### SUNDAY, OCTOBER 27, 2002

#### CONCURRENT WORKSHOPS

- 8<sup>30</sup> AM HEARING VOICES WORKSHOP
  - 8<sup>30</sup> AM ABEL ENTERPRISES WORKSHOP
  - 10<sup>30</sup> AM CONSUMER GROUP MEETING
  - 10<sup>30</sup> AM FAMILY GROUP MEETING
- 
- 12<sup>30</sup> PM KEYNOTE SPEAKER DIANA CAPPONI
  - CLOSING REMARKS
  - 2<sup>00</sup> PM SUNSET COUNTRY PSYCHIATRIC  
SURVIVORS ANNUAL GENERAL  
MEETING



## WORKSHOPS

**Hearing Voices Workshop** (through Community Mental Health Support Services), for interested family members. The purpose of the workshop is to allow participants a glimpse into the lives of people trying to function normally and perform tasks while experiencing "voices". There is a limit of 20 spaces available for this workshop, so please sign up early. Preference will be given to family members.

**Lyn Smith from Abel Enterprises** will be presenting on consumer run businesses in rural Ontario. She will explain how Abel Enterprises got started, what challenges it faced and where they are going from here.

For more information about this Conference or the Sponsoring Organizations please contact us at (807) 467-8280 in Kenora or toll free at 1-866-872-0408 from anywhere in Northwestern Ontario.

