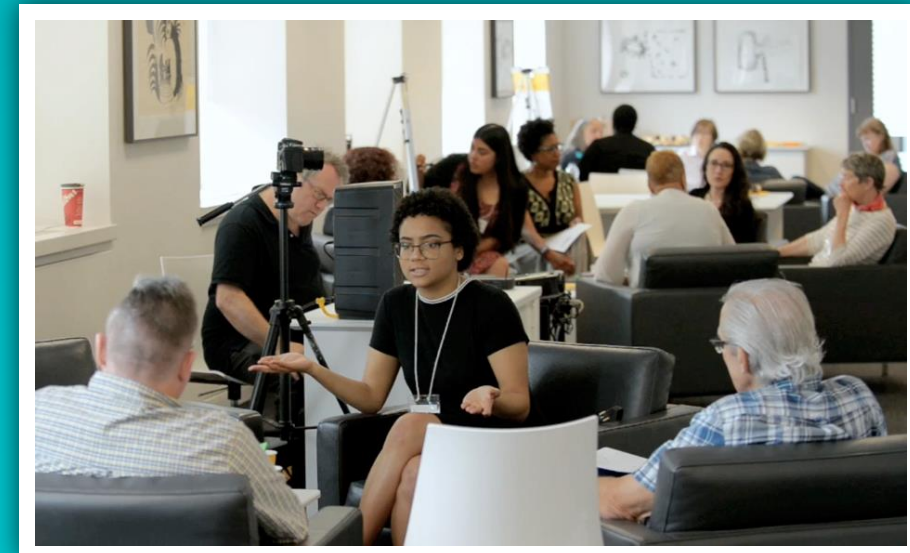
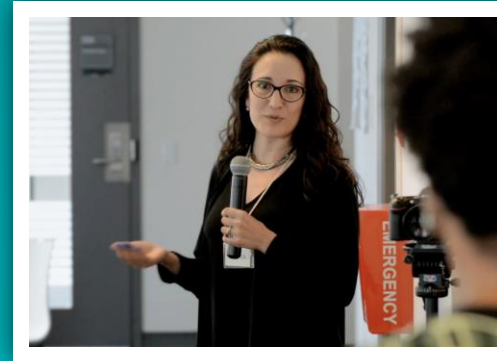


# Family Mental Health Café: [location here]

By [name here]



# Welcome!

Have you:

- Picked up your information package?
- Signed the consent forms? [if needed]
- Grabbed something to eat/drink?
- Said hello to someone you don't know?

# Your Team

[enter names and roles of facilitators here, could add pictures]

# About Family Mental Health Cafés

The Family Mental Health Café format is based on the [World Café Method](#), an internationally recognized method for bringing people together who care about an issue to share knowledge and wisdom that could lead to solutions to their challenges.

Family Mental Health Cafés were started by [The Family Caregiving Project](#), a research study exploring the experiences of families affected by mental illness. The study was conducted in Ontario, Canada from 2018-2021. The project was funded by the Social Sciences and Humanities Research Council of Canada.

For more information, please go to [www.familyguidetomentalhealth.com/family-mental-health-cafes](http://www.familyguidetomentalhealth.com/family-mental-health-cafes)

# Watch: Impact on Families

The Family Guide to Mental Health Recovery:

<https://youtu.be/DcSZ2K14zSo>

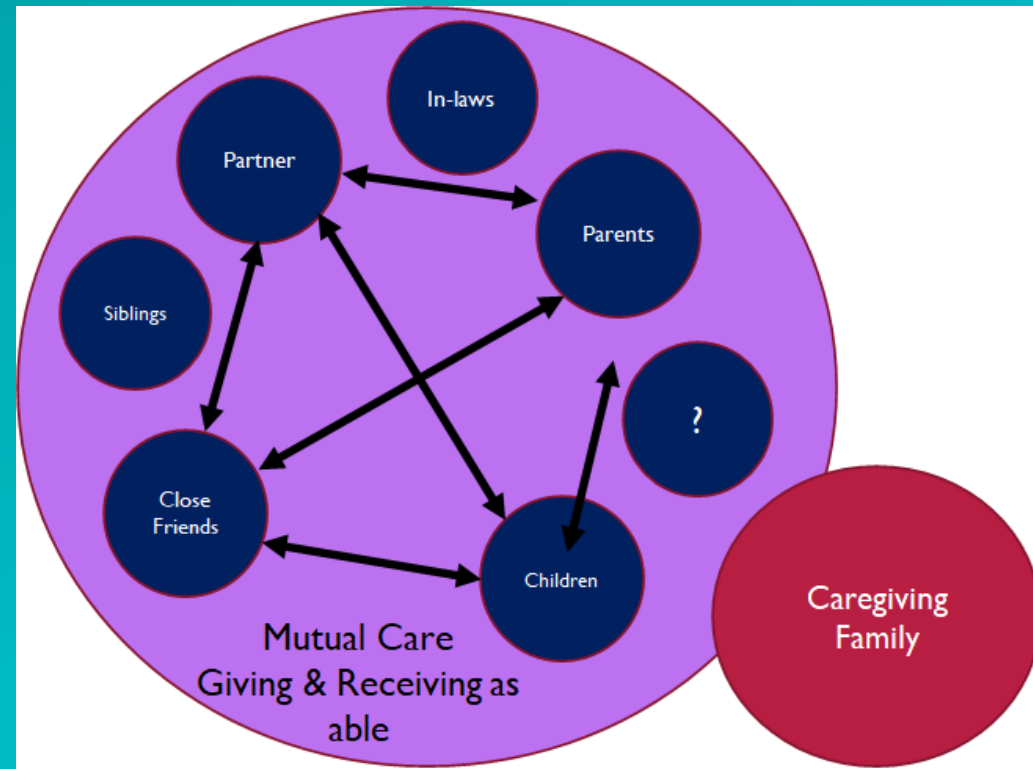
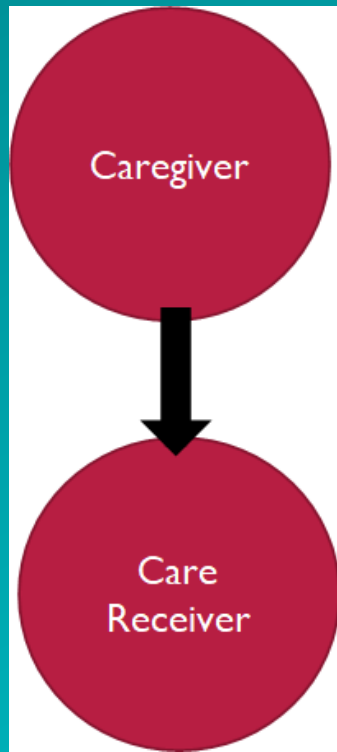
The screenshot displays the website's layout. On the left is a navigation sidebar with the following items: 'film & video gallery', 'family forum', 'information & resources', 'our online community' (with a plus icon), 'family guide @ home | work | school', 'about us | team' (with a plus icon), 'family peer support', 'family café project', and 'member log in/out'. Below the navigation are social media icons for email, Facebook, Twitter, and YouTube, followed by the text 'NEWS / LATEST UPLOADS'. The main content area features three video thumbnails: 'The Family Mental Health Cafés' (with a 'New!' tag and a 'WATCH VIDEO NOW!' button), 'Finding Our Way' (with a 'New!' tag and a 'WATCH VIDEO NOW!' button), and 'Global Indigenous Mental Health' (with a 'New!' tag and a 'WATCH VIDEO NOW!' button). Below the thumbnails is a paragraph: 'When a mental health challenge touches a family, each family member can be impacted. Our peer-to-peer family interviews, documentaries, online forum and text information resources are designed to give family members real life guidance, insight and hope from families who have made the journey before you.' This is followed by the text 'Welcome to our online home for family mental health recovery.' At the bottom are three buttons: 'view > Watch videos', 'learn > Search info resources', and 'connect > Join a family forum'.

# A Glimpse into Family Experiences

- Family is a foundation in our communities
- Coping strategies exist within families and they don't always realize it
- Changes in capacity to "handle it"
- Emotions: stress, frustration, love, hope
- "I can help my family member"
- Multiple roles as part of a family
- Parent, sibling, spouse
- Person with lived experience, giving care, receiving care



# Describing Family Life Including Mental Illness



# The Café Process

- Focused conversation about “questions that matter”
- 4 rounds of questions
- Sharing and learning from each others’ experiences



Later:

- Gathering wisdom, ideas, solutions, from around the province
- Getting info to:
  - Policymakers
  - Health professionals
  - Public



# Café Guidelines

- Contribute your thinking
- Speak with your mind and heart
- Focus on what matters
- Listen together for patterns, insights, deeper connections
- Take time to think and reflect
- Take time with yourself and with others
- Go as far as you want to go, stop where you want to stop
- Be brave! Try out your ideas
- Take a break if you want one



Q1: From my perspective as part of a family  
(or service provider)

When I hear Caregiver/Care Receiver I think...

When I hear Caregiving Family I think...

Q2: What makes caring in families affected by mental illness **difficult**?

Break



Q3: What makes caring in families affected by mental illness **work well**?

Q4: I think the way we could make caring and caregiving work for families is...

Break



Wrap Up & Additional Thoughts



**THANK  
YOU!**

For more information:

[include links to resources here]