



July 5, 2023

## **UPDATE TO ALL FAMILY AND FRIENDS**

Hello, summer has arrived! We are encouraging everyone to stay indoors today with the extreme heat warning. If you need to be outside, please find a shaded place and drink a lot of fluids. We are also asking everyone to keep the windows closed to keep the temperature in the building cool. Open windows will quickly heat up a room and make it uncomfortable.

There are no outbreaks at this time and we thank everyone for ensuring that they are following the infection prevention and control requirements.

### **Family Support Group**

The social work team is starting a Family and Friends support group in September. Please see the attached memo for more details regarding this group and how to register.

Stay cool,

***Janet Morris***

President and CEO



July 5, 2023

**Re: Family and Friends Support Group**

TO: Interested friends and family members

The social work team at St. Pat's is planning a Family and Friends Support Group. The purpose of the group is to give participants an opportunity to connect with one another and share their experiences and knowledge as caregivers. We plan to roll this pilot project out in September, starting with one group composed of a maximum of eight people. The in-person sessions will be held once per month and each session will be 1.5 hours with a 10-minute break. Meetings will be run by the support group facilitator. The facilitator's role is to guide participants in a respectful and purposeful discussion on selected topics and support them in mutually addressing the issues and concerns they bring to the meetings. See below for further details:

1. **WHO IS INVITED:** All friends and family members are invited to attend. Admission to the group will be on a first come first served basis to a maximum of eight people. If members leave the group over time, the facilitator will invite the next person on the list with the goal of keeping the group to 8 members. Please contact Claire Rykelyk-Huizen at [clairerykelyk-huizen@stpats.ca](mailto:clairerykelyk-huizen@stpats.ca) if you are interested (email only please).
2. **PURPOSE:** To promote relationship building, emotional and physical well-being, awareness of resources, effective caregiver strategies, problem solving, mutual support and stress reduction amongst participants.
3. **WHAT THE GROUP IS NOT:** The group is not an extension of the Family and Friends Council. We will not be discussing issues related to St. Pat's. The group is not a therapy session; it is a facilitated discussion about specific topics.
4. **TIME OF DAY:** The first Wednesday of every month from 4:00-5:30 p.m. starting September 6<sup>th</sup>, 2023
5. **FREQUENCY:** Monthly
6. **LOCATION:** Shamrock Boardroom
7. **FORMAT:** in person
8. **POTENTIAL MEETING AGENDA:**
  - Welcome
  - Introductions/Ice breaker (first meeting only)
  - Announcements (events, educational opportunities, etc.)
  - Check-in
  - Information topic - a new topic will be introduced each month (e.g., grief, self-care, dementia, guilt, etc.) based on member input/interest; guest speakers may be invited

- Break
- Exchanging support and problem solving
- Closing: next meeting date

As this is a pilot project we will conduct an evaluation after six months to determine if the group is meeting its objectives.

If you have any questions about the group feel free to call Claire at **613-731-0094 x. 285**

Thank you for your attention.

Warm regards,  
Claire Rykelyk-Huizen, MSW, RSW