

# How to deal with **BARRIERS** to Communication

The Recovery Academy presents a 90-minute session that will give you keys to effective communication with those experiencing mental illness and or addiction, their families and service providers.

When you attend you will:

- Explore effective communication techniques
- Identify hidden contracts
- Learn active listening

**Wednesday**  
**January 21, 2015**  
**7:00 - 8:30 PM**

**Gloucester Public Library**  
**2036 Ogilvie Rd., Ottawa**

**FREE parking behind arena**

## **ADMISSION**

**FREE**

Space is limited so please register  
at [www.recoveryacademy.ca](http://www.recoveryacademy.ca)  
Or call 1-800-532-4184



**THE RECOVERY**  
A C A D E M Y

**FSO | SFO**  
Family Services Ottawa | Services à la famille Ottawa

The philosophy of the Recovery Academy is to deliver an educational rather than a therapeutic approach; not treating you but teaching you. The course facilitators use both traditional and innovative approaches to learning... including short video clips developed by people with personal experience of recovery about their individual journeys, what helped and what hindered. This training method really helps to bring recovery alive.