

# Other Support Groups in and around Town

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## The Oasis in Kanata Support Sessions

Managing Anger and Other Behaviours - **Tuesday, October 21**

Understanding Your Loved One's Challenges - **Monday, November 17**

**Where: Glen Cairn Church, 140 Abbeyhill Drive, Kanata**

Please visit their [website](#) for more information.

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## Mood Disorders Ottawa - Family Support Group

For adult relatives and friends of people with mood disorders.

*Meets monthly on the third Thursday of every month (except July & December)*

**Location:** United Church, 1111 Orleans Blvd. (at Fortune Blvd.), Ottawa, ON

**Time: 7:00 - 9:00 pm**

Facilitator: Madeleine Bertrand 613-737-7791

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## Hopewell Family & Friends Support Group

The Family & Friends Support Group is for parents, partners and siblings who are caring for an individual struggling with an eating disorder.

Facilitated at various times. Please see their [website](#) for details.

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## Recovery Connections - Family Support Group

For friends and family of individuals age 16+ experiencing mental health challenges. No registration required.

**Every Tuesday - 6:30 to 8:30 pm** at The Bronson Centre - 211 Bronson Avenue - Room, 215

**For more information:** Contact Shannon at [shannonlpso@gmail.com](mailto:shannonlpso@gmail.com)

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**Borderline Personality Disorder Support Group**

Call Viviane: 613-820-8203

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**Family Support Group for Family members of LGBTQ Individuals**

*Meets monthly in Pembroke on the first Tuesday of every month*

**Location:** Ottawa Valley Health & Wellness Centre, 715 MacKay Street, Pembroke

**Time:** 6:30 pm to 8:30 pm

For more information, [click here](#)

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**OCD Support Group**

*Meets monthly on the 2nd Wednesday of each month*

**Location:** Ralph & Sons Diner, 3420 Carling Avenue, Nepean

**Time:** 7:30 - 9:30 pm

To attend, please contact Barb Nesrallah at 613-831-3222 or email at [barbnesrallah@rogers.com](mailto:barbnesrallah@rogers.com).

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