

**ARGYLE INSTITUTE
MONTREAL COMMUNITY FORUM 2021**



ABOUT US



THE ARGYLE INSTITUTE
Serving Montreal since 1982

MISSION

The Argyle is a Montreal-based clinical and educational non-profit institute with the two-fold purpose of providing affordable and timely psychotherapeutic services to those in need on a sliding scale basis and advanced professional training to mental health practitioners in the field.

The Argyle Institute is a Montreal based psychotherapy and training center that has been serving the community for almost 40 years.

Since our Inception, we have assisted in the psychological well-being of over 28,000 individuals, couples and families and trained over 750 therapists to the highest standards.

**TOPICS AND SPEAKERS FOR THE ASSISTED SELF-CARE WORKSHOPS –
FOR THE
WHILE YOU WAIT PROJECT**



How to Manage your Emotions in times of Distress:

Emotions like Fear, Depression, Anxiety? What are they?
What are some things you can do to gain control of your thoughts?

Joseph Morcos

Dealing with Loss

What are the Stages of Mourning?

What are some things you can do to help yourself get through it....

Sharon Rossy

Managing the Dance of Closeness and Distance in a Relationship

What is that? – How can you make things better together in your couple in lockdown

Maira Luce

**TOPICS AND SPEAKERS FOR THE ASSISTED SELF-CARE WORKSHOPS –
FOR THE
WHILE YOU WAIT PROJECT CONTINUED**



Dealing with Job loss – A work in Progress

Have you lost your job, feeling burnt out or in career transition?

Having difficulty managing uncertainty?

Want to take action but feeling unmotivated or anxious?

Susan Molnar

Mind, Body and Spirit – They are all interconnected –

What can you do when they are out of balance ?

Nadine Gharious

Managing Substance Abuse –

What is Substance abuse? How do you know you've gone too far?

What are the symptoms? Solutions

Karen Hetherington

**TOPICS AND SPEAKERS FOR THE ASSISTED SELF-CARE WORKSHOPS –
FOR THE
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Anger Management –When Anger becomes Danger

What are some things you can do to diffuse feelings of frustration, agitation?

Javier Ariza

Eating Disorders –

What is an eating Disorder? How do you know you have it?

Help with Discipline during lockdown

Janice Tester

Help with Adult ADD?

What is Adult ADD – De-bunking the myths

What can you expect in therapy?

Joan Keefler

**TOPICS AND SPEAKERS FOR THE ASSISTED SELF-CARE WORKSHOPS –
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What is a Sleep disorder?

What Things you can you do to help yourself?

Calm you mind? Your system?

Dorrie Rizzo

Animal Emotional Therapy with the use of Pets

Helping yourself in your healing and recovery process by caring for another living being

Prairi Conlon

Art Therapy – or - Music therapy



QUESTIONS ?



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