

Support Group Description

Families Caring, Families Sharing is a peer-led support group for persons with a loved one who is living with mental illness, or mental health problems.

Family members will gain insight from the challenges and successes of others facing similar experiences.

The group follows a casual model, ensuring everyone has an opportunity to be heard and share.

Families Caring, Families Sharing is:

- Free of charge to participants
- Designed for those who have a family member living with mental illness, and mental health problems
- Peer-led by family members of those living with mental illness and mental health problems
- Confidential



OUR LOVED ONES:

- Suffer from various mental health issues; including mood and anxiety disorders, schizophrenia, and other forms of mental illness
- Have behavioural issues and emotional needs due to their particular disorder
- Require extra love and support from us

OUR FAMILIES:

- Can be from diverse religious and ethnic backgrounds, income levels, education levels, including non-traditional family units
- All need help and support when problems arise

Group Facilitator:

Pat Buckley

To register for the group,

Contact:

Lill Petrella at

lill@cmhabhn.ca

or 519-752-2998, ext. 112

Families Caring, Families Sharing 2021

*A support group for families
who are supporting persons
with mental health issues*



*Meetings held virtually
by Zoom, the 2nd
Wednesday of each month*

7:00 - 8:00 p.m.

New Members Welcome



Canadian Mental
Health Association
Brant-Haldimand-Norfolk

Families Caring, Families Sharing

2021 Meeting Dates & Tentative Topics

February 10, 2021

*Brainstorm a family issue
(one family issue chosen)*

March 10, 2021

*Journals/Advocacy
(the importance of keeping journals and advocating)*

April 14, 2021

How mental illness affects families

May 12, 2021

*Family Crisis
(Guidance in the event of crisis/emergency)*

June 9, 2021

Open discussion evening

Group will not meet during July and August

September 8, 2021

How to assist someone with mental illness through the recovery process

October 13, 2021

Signs and symptoms of a mental health crisis

November 10, 2021

Taking care of yourself (tips for caregivers)

December 8, 2021

CHRISTMAS PARTY

(Dinner & fun evening)

Date and location TBA

All meetings will allow time for open discussion

