

MISSION STATEMENT

*To provide families
with a support
network and
caregiving
strategies*



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

For more information, please contact:

*Pat Buckley, Support Group Facilitator
at 519-754-0134*

e-mail

pbuckley1910@gmail.com

or:

*Lill Petrella, Canadian Mental Health
Association, BHN at 519-752-2998,
ext. 112*

e-mail: lill@cmhabhn.ca



Families Caring, Families Sharing 2018

*A support group for families living
with mental health issues*



*Meetings held on the 2nd Tuesday
of each month
7:00 p.m. - 8:30 p.m.*

*Canadian Mental Health Association
Upstairs Board Room (Suite 205)*

44 King Street, Brantford, ON

*(Chelsea Place Building, Corner of
King & Darling Streets)*

New Members Welcome

Families Caring, Families Sharing

2018 Meeting Dates & Tentative Topics

February 13, 2018

BEING AN EFFECTIVE CAREGIVER

(for someone with a mental illness)

March 13, 2018

BRAINSTORM A FAMILY ISSUE

(One family issue chosen)

April 10, 2018

GUEST SPEAKER:

Lawyer, "Henson Trust"

May 8, 2018

HOW TO EMPATHIZE WITH OUR LOVED ONES

June 12, 2018

SUMMER PARTY

(LOCATION TO BE ANNOUNCED)

Group will not meet during July and August

September 11, 2018

MENTAL ILLNESS DIAGNOSIS

(Why is it so difficult to diagnose?)

October 9, 2018

STRATEGIES FOR COPING IN A CRISIS

November 13, 2018

TAKING CARE OF YOURSELF

(Tips for Caregivers)

Mindfulness Session

December 11, 2018

CHRISTMAS PARTY

(a fun evening to unwind - location to be announced)

All meetings will allow time for open discussion

