

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 2019

*A support group for families who are
supporting persons 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

2019 Meeting Dates & Tentative Topics

There will be no group in January

February 12, 2019

FINANCIAL INFORMATION
(ODSP/RDSP/Disability Tax Certificate)

March 12, 2019

Effects that Marijuana Use has on Mental Illness

April 9, 2019

Signs/Symptoms of a Mental Health Crisis

May 14, 2019

How Mental Illness Affects Family Members

June 2019

SUMMER PARTY
(Dinner & fun evening)

Date and location TBA

Group will not meet during July and August

September 10, 2019

CONSUMER SPEAKER

October 8, 2019

JOURNALS/ADVOCACY

(Importance of keeping journals & advocacy)

November 12, 2019

TAKING CARE OF YOURSELF

(How to stay healthy while supporting your loved ones)

December 2019

CHRISTMAS PARTY
(Dinner & fun evening)
Date and location TBA

All meetings will allow time for open discussion

