

## ***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 concerns

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 concerns
- Confidential



### **OUR LOVED ONES:**

- Suffer from various mental health issues; including mood and anxiety disorders, schizophrenia, and other forms of mental illness
- Have behavioral 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](mailto:lill@cmhabhn.ca)

or 519-752-2998, ext. 112

## **Families Caring, Families Sharing 2022**

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



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

*7:00 - 8:00 p.m.*

*New Members Welcome*



Canadian Mental  
Health Association  
Brant-Haldimand-Norfolk

# Families Caring, Families Sharing

## 2022 Meeting Dates & Tentative Topics

**February 8, 2022**

*Effective Communication  
(with your family member)*

**March 8, 2022**

*Financial Information:  
ODSP/RDSP/  
Disability Tax Certificate*

**April 12, 2022**

*Ask A Psychiatrist,  
with Dr. Theresa Clarke*

**May 10, 2022**

*Donna Varao, Peer Support  
Worker, H.O.P.E.*

*Shares her mental health  
journey*

**June 14, 2022**

*Summer Get together &  
open discussion  
Location TBA*

*Group will not meet during  
July and August*

**September 13, 2022**

*Brainstorming a family issue*

**October 11, 2022**

*Speaker from St. Leonard's Mental  
Health & Addictions Crisis Program*

**November 8, 2022**

*The Importance of Self-care*

*Taking care of yourself  
(tips for caregivers)*

**December 13, 2022**

*Christmas Get together  
Location TBA*

*All meetings  
will allow  
time for open  
discussion*

