

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 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

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*

