

OUR LOVED ONES:

- Are living with 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 understanding and support from us

OUR FAMILIES:

- Are from diverse religious, ethnic and cultural backgrounds; income levels; education levels, including non-traditional family units
- All need information and support to better assist their family members



For more information, or to register, contact:

lill@cmhabhn.ca

519-752-2998, ext. 112 or



FAMILIES CARING, FAMILIES SHARING

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

**MEETINGS HELD VIRTUALLY BY ZOOM THE 2ND
TUESDAY OF EACH MONTH**

7:00 – 8:00 p.m.

New Members Welcome

Support Group Description

Families Caring, Families Sharing is a peer-led support group for persons with an adult 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. There is usually a monthly topic or a guest speaker, followed by open discussion.

Families Caring, Families Sharing is:

- Free of charge to all participants
- Designed for those who have an adult family member living with mental illness, or mental health problems
- Peer-led by trained individuals, who also have family members living with mental health issues
- Confidential

2023 Schedule

Tuesday, February 14, 2023 at 7:00 p.m.

Tuesday, March 14, 2023 at 7:00 p.m.

Tuesday, April 11, 2023 at 7:00 p.m.

Tuesday, May 9, 2023 at 7:00 p.m.

Tuesday, June 13, 2023 at 7:00 p.m.

Tuesday, September 12, 2023 at 7:00 p.m.

Tuesday, October 10, 2023 at 7:00 p.m.

Tuesday, November 14, 2023 at 7:00 p.m.

Tuesday, December 12, 2023 at 7:00 p.m.