

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 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

To register for the group,

Contact:

Lill Petrella at

lill@cmhabhn.ca

or 519-752-2998, ext. 112

Families Caring, Families Sharing 2021

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



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

Virtually via Zoom

New Members Welcome



Canadian Mental
Health Association
Brant-Haldimand-Norfolk

Families Caring, Families Sharing

2021 Meeting Dates & Tentative Topics

February 10, 2021

*Brainstorm a family issue
(one family issue chosen)*

March 10, 2021

*Journals/Advocacy
(the importance of keeping journals and advocating)*

April 14, 2021

How mental illness affects families

May 12, 2021

*Family Crisis
(Guidance in the event of crisis/emergency)*

June 9, 2021

Open discussion evening

**Group will not meet during
July and August**

September 8, 2021

How to assist someone with mental illness through the recovery process

October 13, 2021

Signs and symptoms of a mental health crisis

November 10, 2021

*Taking care of yourself
(tips for caregivers)*

December 15, 2021

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

*All meetings
will allow
time for open
discussion*

