



Canadian Mental
Health Association
Brant-Haldimand-Norfolk
Mental health for all

Families Caring, Families Sharing

a group for families
supporting adults living with
mental illness

Offered in a hybrid format
(*in person, or virtually by
Zoom*)



GROUP DESCRIPTION

Families Caring, Families Sharing is a professionally led peer support group for persons with an adult living with mental illness

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.

2025 Schedule

- Tuesday, January 14
7:00 p.m. – 8:00 p.m.
- Tuesday, February 11
7:00 p.m. – 8:00 p.m.
- Tuesday, March 11
7:00 p.m. – 8:00 p.m.
- Tuesday, April 8
7:00 p.m. – 8:00
- Tuesday, May 13
7:00 p.m. – 8:00 p.m.
- Tuesday, June 10
7:00 p.m. – 8:00 p.m.
- Tuesday, September 9
7:00 p.m. – 8:00 p.m.
- Tuesday, October 14
7:00 p.m. – 8:00 p.m.
- Tuesday, November 11
7:00 p.m. – 8:00 p.m.
- Tuesday, December 9
7:00 p.m. – 9:00 p.m.

There is no group in July & August

CONTACT US



For more information, or to register for the group call 519-752-2998, ext. 112 or ext. 103

Location



In person: CMHA Brant Haldimand Norfolk, Brant location, Chelsea Place Building, 44 King Street, Suite 203, Brantford
Virtual: by Zoom