



# FAMILIES CARING, FAMILIES SHARING

*A group for families supporting adults with mental illness*

## SUPPORT GROUP DESCRIPTION

Families Caring, Families Sharing is a monthly family support group for persons with an adult living with mental illness, or mental health problems.

The group is facilitated by trained leaders, with both family support experience, and relevant knowledge in the field of mental health.

Family members will gain insight from the challenges and successes of others facing similar experiences.

There is a monthly topic, followed by open discussion.

Families Caring, Families Sharing is free of charge for all participants.

Confidentiality is strictly maintained.



CONTACT US

**For more information, or to register for the group call 519-752-2998, ext. 112 or email [lill@cmhabhn.ca](mailto:lill@cmhabhn.ca)**

## 2023 SCHEDULE

Families Caring, Families Sharing will be offered in a hybrid format (both in person, and virtually by Zoom) commencing Tuesday, September 12, 2023

Participants have the option of attending in person, or may join in virtually



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



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



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



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

**2024 Schedule will be available by the end of the year**



**In person location:** CMHA Brant Haldimand Norfolk, Brant Location (Chelsea Place Bldg.)  
44 King Street, Suite 203, Brantford, ON



**Virtually:** by Zoom