



# FAMILIES CARING, FAMILIES SHARING (HYBRID)

*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 concerns.

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.



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

## 2024 SCHEDULE

Families Caring, Families Sharing is offered in a hybrid format, so that participants have the option of either attending in person, or joining in virtually by Zoom.

- ➡ Tuesday, January 9, 2024 @ 7:00 p.m.
- ➡ Tuesday, February 13, 2024 @ 7:00 p.m.
- ➡ Tuesday, March 12, 2024 @ 7:00 p.m.
- ➡ Tuesday, April 9, 2024 @ 7:00 p.m.
- ➡ Tuesday, May 14, 2024 @ 7:00 p.m.
- ➡ Tuesday, June 11, 2024 @ 7:00 p.m.

**Group does not meet in July & August**

- ➡ Tuesday, September 9, 2024 @ 7:00 p.m.
- ➡ Tuesday, October 8, 2024 @ 7:00 p.m.
- ➡ Tuesday, November 12, 2024 @ 7:00 p.m.
- ➡ Tuesday, December 10, 2024 @ 7:00 p.m.



**In person location:** CMHA BHN Brant location  
44 King Street, Suite 203, Brantford, ON



**Virtually:** by Zoom