



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

FAMILIES IN RECOVERY -SMALL GROUPS

*For **Families** supporting a loved one living with a mental illness/and/or/addiction; and wants to have Family Support by means of a small group 2-5 people in the same family.*



*All sessions are free,
but you **must call** and
book in advance.
please call **519-371-4802***

Does your family have more than two members who could benefit from a small group format that addresses the plan for your family moving forward from a crisis?

Answers questions such as:

How do we know our family is in crisis?
How do I know our family is well? What does it look like when things are breaking down?
How will I support my loved one without hovering?
Creating healthy boundaries

The Family Support Initiative (FSI) is a program of **CMHA** Mental Health and Addictions Services
1024 2nd Avenue East, Owen Sound, ON N4K 2J1
Funding is provided by the South West Local Health Integration Network (SW LHIN)

Thank you for inviting us to support you!

(519) 371-4802