



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

**The Family Support Initiative
Presents**

RIDING THE WAVE

Navigating mental health and addictions with loved ones over 30

Owen Sound

Who:

A Support Group for those who are supporting a loved one over the age of 30 who is experiencing mental health challenges and/or addictions.

Family Support Groups provide an opportunity to meet other people who may be facing similar challenges.

Purpose: To promote a higher level of wellness, stability and quality to life while supporting someone with a mental health challenge.

Goals: This 5-week group aims to help participants continue to strengthen and develop skills and strategies involved in parenting someone with mental health challenge while helping participants access resources to increase their own level of wellness.

***Come join us Fridays September 25th, 2020 –
October 23rd 2020 from 10-11:30am
1024 2nd Avenue East, Owen Sound
Call today to register 519-371-4802
Limited In-Person Spots! Digital presence available!***