



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

Grey Bruce-Via Zoom

Who:

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

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 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 from 10-11:30am

Call today to register 519-371-4802

Next Group begins November 13, 2020

November 13, 2020	November 27, 2020	December 11, 2020
November 20, 2020	December 4, 2020	Break until January 15