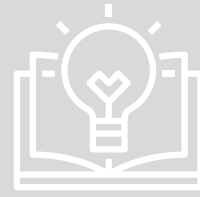


Family Caregiver Education Group



This educational group aims to help families and caregivers alike, in building a strong and supportive foundation with their loved one who is navigating their own mental health needs, which can be difficult, frightening, exhausting, and overwhelming.

This educational group can assist families and caregivers to enhance their relationships with their loved ones so that all individuals involved feel heard, supported, and valued.

Topics include:

- Mental Health, Recovery and Understanding Family Support
- Communication Strategies
- Setting Limitations and Boundaries
- Supporting Motivation and Change
- Self Care and Self Compassion

Join us for this 5-week session!

Sessions will be run 4 times per year.

Please contact our Intake line for more information at **905-451-2123** or email us at intake@cmhapeel.ca.



Canadian Mental
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Mental health for all

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