



**DAYTIME
VIRTUAL*
GROUP**

1:30-3PM

Every Wednesday

**EVENING
VIRTUAL*
GROUP**

5:30-7PM

Every 3rd Wednesday
of the month

**Do you have a loved one receiving treatment
for mental illness or addiction? We can help**



Family Peer Support Group

*Support group for family and friends supporting
loved ones with mental illness or addiction issues*

***Groups are now offered virtually. Registration is required.**

CALL TO REGISTER

905.522.1155

ext. 35599

***18 Years of age or older
Family/Friends only***

- Share your thoughts and experiences in an open, caring group atmosphere
- The group is peer-led. The peer also has lived experience supporting loved ones with mental illness and/or addiction issues