

FAMILY MATTERS

A GROUP FOR PEOPLE WHO HAVE
A LOVED ONE EXPERIENCING
MENTAL HEALTH OR ADDICTIONS

*Provincial Group
Virtual - by zoom



How it Works



Email to Register

For information or to
signup email the address
below



Join the Weekly Sessions

Attend weekly sessions
for 10 weeks



Learn New Things

Learn new information on
mental health and
addictions to help you cope
and to take care of
yourself



Access Supports

Join in a safe space with
others who understand.
This can be very healing
and powerful.



DETAILS

*This 10 week group will provide a safe space to explore the impacts and experiences of supporting a loved one with mental health &/or addictions.

*Join skilled clinicians, as well as others who are living with the same experience, to find help, support and connections to help you on your journey.

- ✓ Thursdays 1:30-3:30 (island time)
- ✓ Oct. 30/25-Jan. 15/26 (10 sessions)
- ✓ Virtual by Zoom
- ✓ Ages 18+

Facilitators:

**Jackie Butt- Provincial
Groups Coordinator**

**Nichola Park - Stepped
Care Counselor**

