

# 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.

- ✓ Wednesdays 9:30 - 12:00 (island time)
- ✓ Jan 28/26-April 01/26 (10 sessions)
- ✓ Virtual by Zoom
- ✓ Ages 18+

### Facilitators:

**Megan Lockyer (MSW,  
RSW) - Social Worker**

**Nichola Park (BSW,  
RSW) - Stepped Care  
Counselor**

TO REGISTER  nlgroups@nlhealthservices.ca or for more info scan

