

FAMILY AND CAREGIVER EDUCATION GROUP



Do you have a family member or friend who has a mental illness and feel the need for more education about the condition, treatments and how best to provide support?



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

Join our group for people who care for someone with a mental illness. By coming together with professionals and other caregivers, you will increase your knowledge, gain skills and learn practical strategies from other people's experiences.

You will then be better able to contribute to your friend's or family member's recovery process and, at the same time, promote your own self-care.

By participating in the group, you will:

- Increase your understanding of mental illnesses, relevant medications and their side effects
- Be better able to support loved ones to make informed decisions about treatment
- Reduce your stress through access to information, services and a support network
- Meet other people in similar situations for coaching, mentoring, brainstorming and problem resolution
- Learn about stigma and its impact on recovery
- Develop a viable plan of action – what to start doing, what to stop doing and what to continue doing

This group, which meets once per week for ten weeks, runs throughout the year at different geographic locations.

Referral and eligibility

Please contact us for more information about joining our groups.

Contact us

Phone: 905.841.3977 or 1.866.345.0183 x3321

Email: centralintake@cmha-yr.on.ca

For general inquiries, www.cmha-yr.on.ca



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