

# Family Caregivers and Education Program



**PRESENTS:**

## MARKHAM FAMILY SUPPORT GROUP

This group is designed specifically for family members who are caring for loved ones with a mental illness. By coming together with professionals and other caregivers, they can increase their knowledge about mental health, resources within the community, gain skills and learn practical strategies from other caregiver experiences. They will then be better able to contribute to their loved ones recovery process and at the same time promote their self-care.

*“When you change the way you look at things, the things you look at change.”*  
- Wayne Dyer

Dates and Time: 7:00-9:00 pm on the 2<sup>nd</sup> Monday of each month

Location: 3601 Highway 7 East, Suite 710, (HSBC Tower) CMHA Markham

Contact: Family Caregiver Education: Julie Combdon, 905 841-3977 ext 4255  
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