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CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Family Caregivers and Education Program PRESENTS: CHINESE FAMILY SUPPORT GROUP

This group is designed specifically for family members who are caring for loved ones with mental illness. Program to learn about mental health, resources within the community, recovery, and the different roles families can have in a loved one's recovery journey. We are offering this group in three languages, Mandarin, Cantonese and English.

"When you change the way you look at things, the things you look at change."
- Wayne Dyer

Dates and Time 7-9pm on the following dates in 2020: Feb 5th , Mar 4th, Apr 1st, May 6th, Jun 3rd, Aug 5th, Sep 2nd, Oct 7th , Nov 4th, Dec 2nd

Location: 7th floor boardroom, 3601 Highway 7, Suite 710, Markham CMHA

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