



## Family Support Group

### Topics:

#### Personal Well-Being and Recovery Orientated Principles **Jan 13**

Learn the Importance of Personal Self-Care

#### Communication **Jan 20**

Impact of communication styles in relationship with self and others

#### Boundaries **Jan 27**

Learn the importance of setting boundaries in a healthy and meaningful way

#### Personal Stressors **Feb 3**

Understand personal stressors. Create positive strategies to manage life stressors

Building a strong, supportive relational foundation with a loved one who is navigating their own mental well-being can be trying, frightening, overwhelming and down-right exhausting.

This workshop focuses on ways to enhance the relationship so that everyone involved feels valued, heard and supported.

### 4 Week Workshop

**Where: Zoom**

**When: Wednesdays  
10:00 – 11:30 AM**

**January 13 to  
February 3, 2021**



**Canadian Mental  
Health Association**  
Halton Region Branch  
*Mental health for all*

To register contact  
[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)  
Please include a phone #  
where you can be reached