



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: Thursdays
2:00 - 3:30PM**

**January 14 to
February 4, 2021**



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

To register contact
peermentors@cmhahrb.ca
Please include a phone #
where you can be reached