



Family Support Group

Topics:

Personal Well-Being and Recovery Orientated Principles Apr 12

Learn the Importance of Personal Self-Care

Communication Apr 19

Impact of communication styles in relationship with self and others

Boundaries Apr 26

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

Personal Stressors May 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: Mondays
6:00 – 7:30 PM**

- April 12 to
- May 3, 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