



Family Support Workshop

Topics:

Personal Well-Being and Recovery Orientated Principles **Sept 15**

Learn the Importance of Personal Self-Care

Communication **Sept 22**

Impact of communication styles in relationship with self and others

Boundaries **Sept 29**

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

Personal Stressors **Oct 6**

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: Free over Zoom

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

Sept 15 to Oct 6, 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