



# Family Support Workshop

## Topics:

### Personal Well-Being and Recovery Orientated Principles **Oct 21**

Learn the Importance of Personal Self-Care

### Communication **Oct 28**

Impact of communication styles in relationship with self and others

### Boundaries **Nov 4**

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

### Personal Stressors **Nov 11**

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

**Oct 21 – Nov 11, 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