



# Family Support Workshop

## Topics:

### Personal Well-Being and Recovery Orientated Principles **Nov 22**

Learn the Importance of Personal Self-Care

### Communication **Nov 29**

Impact of communication styles in relationship with self and others

### Boundaries **Dec 6**

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

### Personal Stressors **Dec 13**

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.



**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

## 4 Week Workshop

**Where: Free over Zoom**

**When: Monday's  
6:00 to 7:30 PM**

**Nov 22<sup>nd</sup> - Dec 13<sup>th</sup>, 2021**