



# Family Support Group

## Topics:

### Personal Well-Being and Recovery Principles **March 29<sup>th</sup>**

Learn the Importance of Personal Self-Care

### Communication **April 5<sup>th</sup>**

Impact of communication styles in relationship with self and others

### Boundaries **April 12<sup>th</sup>**

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

### Personal Stressors **April 19<sup>th</sup>**

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 please contact  
[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)

Please include a phone # where  
you can be reached.

## 4 Week Workshop

**Where: Zoom**

**When: Tuesday's  
2:00pm-3:30pm**

**March 29<sup>th</sup> – April 19<sup>th</sup>,  
2022**