



# HALTON FAMILY MATTERS PROGRAM

For Halton-Based Caregivers of Adults Living With Mental Health/ Addiction Conditions

Tuesdays  
from 6:30 PM  
to 8:00 PM

**Online**

## EXPERIENCE A PERSONALIZED BLEND OF SUPPORTS:

- **6-week** virtual skill-building group
- 1:1 peer support and system navigation
- **Monthly** peer support groups
- **Personal wellness plan** development



**GROUP DATE:  
MAR 3<sup>RD</sup> TO APR 10<sup>TH</sup>**

**JOIN US!**



Funding By:



For any questions contact:  
[familymatters@cmhahrb.ca](mailto:familymatters@cmhahrb.ca)