



Canadian Mental
Health Association
Halton
Mental health for all



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:

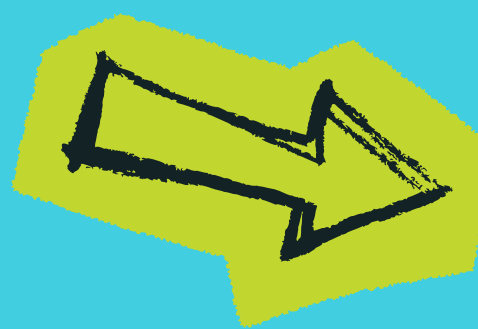
- **6-week** virtual skill-building group
- **1:1 peer support** and system navigation
- **Personal wellness plan** development
- **Monthly** peer support groups



**NEXT GROUP DATE:
JUN 9TH TO JUL 14TH**

JOIN US!

**Click or
Scan!**



Funding By:



For any questions contact:
familymatters@cmhahrb.ca