Canadian Mental Health Association Halton
Mental health for all

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ADAPT
HALTON ALCOHOL, DRUG and GAMBLING
ASSESSMENT PREVENTION & TREATMENT SERVICES

CMHA 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:
JAN 5TH – FEB 9TH

JOIN US!

Click or Scan!

For any questions contact:
familymatters@cmhahrb.ca

Funding By:

Halton REGION