

MISSION STATEMENT

To provide families with coping strategies and a support network



OUR LOVED ONES:

- Suffer from various mental health issues; including mood and anxiety disorders, schizophrenia, and other forms of mental illness
- Have behavioural issues and emotional needs due to their particular disorder
- Require extra love and support from us

OUR FAMILIES:

- Can be from diverse religious and ethnic backgrounds, income levels, education levels, including non-traditional family units
- All need help and support when problems arise

For more information, please contact:

*Pat Buckley, Support Group
Coordinator at 519-754-0134*

e-mail:

familiesupportingfamilies@hotmail.com

or:

*Lill Petrella, Canadian Mental Health
Association at 519-752-2998, ext. 112*

e-mail: lill@cmhabrant.on.ca

Families Caring, Families Sharing 2011

*A support group and coping strategies
for families dealing with mental health
issues*



*Meetings are held on the 2nd
Tuesday of each month
7:00 p.m. - 8:30 p.m.*

*Brierwood Gardens
(formerly known as VersaCare)
(Main Entrance)
425 Park Rd. N.
Brantford, ON*

*We provide a non-judgmental
supportive environment for families
dealing with mental health issues*

Families Caring, Families Sharing

2011 Meeting Dates & Tentative Topics

February 8, 2011

Effective Communication -

How to communicate with our loved ones

March 8, 2011

Affects of Mental Illness on Families

April 12, 2011

How to Recognize the Signs & Symptoms of Mental Illness

May 10, 2011

Learning how to assist your loved ones in the Recovery Process

June 14, 2011

Pot Luck Picnic

(location to be announced)

December 13, 2011

Christmas Party - a fun evening to unwind (Location to be announced)

Group will not meet during July and August

September 13, 2011

Managing Grief -

(help families cope with the initial diagnosis of a mental illness)
Speaker to be announced

October 11, 2011

Resources available for those living with a mental illness/Caregivers

November 8, 2011

Taking Care of Yourself

All meetings will allow time for open discussion

