Millennial

Mood Disorders Peer Support Group for Millennials

*NEW LOCATION starting Sept 4/18
Tuesdays 5:30pm- 7:00pm

Family

Family Support Group

*NEW LOCATION starting Sept 17/18
1st & 3rd Monday each month (except Stat and Public Holidays) 6:30pm– 8:00pm

Family Resource Centre

2018 FALL CHANGES TO FRC PEER SUPPORTS

NEW LOCATION for Millennial, Family and Adult groups

AMHS-KFLA 552 Princess Street

Free to attend & Confidential

Sponsors & Affiliates

AMHS KFLA · Bell Let's Talk · MDAO · NAMI National Alliance on Mental Illness

For more information: 613-544-2886 frc@amhs-kfla.ca

*NEW LOCATION starting Sept 4/18
Tuesdays 7:00pm– 9:00pm

Mood Disorders Peer Support Group

Adult

NEW FORMAT - Peer to Peer support starting Fall 2018
Contact us for more details

By My Side Support for Partners/ Spouses of someone living with Mental Illness and/or Addiction

Partner