

Self Help & Peer Support Presents

Supporting the Supporter



This group is for people who are supporting a family member or friend living with mental health and/or addiction issues. Peer-led discussions about mental health issues, how best to be supportive while considering personal boundaries, community resources, and self-care.

Educational materials provided.

When: Monday's

Time: 7:00 - 8:30 pm

Where: 67 King St E, Kitchener



Canadian Mental
Health Association
Waterloo Wellington



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PEER SUPPORT