

Journeying Together

Support for Families and Caregivers

Families, friends and caregivers of individuals living with mental health concerns are invited to participate in our family education and support groups, now available in Northumberland.



In this 8-session series, you can:

- connect with others for support and encouragement
- learn about navigating resources
- build skills related to coping with a loved one's mental health and supporting family recovery

Contact us for more information and to register for this series.

Dates: February 12, 13, 26, 27, March 5, 6, 12 and 13

Time: 6:30 p.m. to 8:30 p.m.

Location: Cobourg

No referral required.

Your loved one does **not** need to be diagnosed or receiving mental health support for you to participate.

Please register in advance by contacting Victoria Kynigos.

Call: 905-377-9891 extension 201 **Email:** vkynigos@cmhahkpr.ca.



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge
Mental health for all

