

## MISSION STATEMENT

*To provide families  
with a support  
network and  
caregiving  
strategies*



### 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](mailto:familiesupportingfamilies@hotmail.com)

*or:*

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

*e-mail: [lill@cmhabrant.on.ca](mailto:lill@cmhabrant.on.ca)*

## Families Caring Families Sharing 2010

*A support group for families dealing  
with mental health issues*



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

*Versa Care Retirement Community  
(Main Entrance by bus shelter)  
425 Park Rd. N.  
Brantford, ON*

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

*New Members Welcome*

# Families Caring, Families Sharing

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## 2010 Meeting Dates & Tentative Topics

**February 9, 2010**

*Effective Communication*

*(communicating with someone who has a mental illness)*

**March 9, 2010**

*Journals/Advocacy*

*(importance of keeping journals and advocating)*

**April 13, 2010**

*Lawyer/Speaker*

*(rights of the caregiver)*

**May 11, 2010**

*Nutrition*

*(importance of a proper diet)*

**June 8, 2010**

*Pot Luck Picnic*

*(location to be announced)*

**Group will not meet during July and August**

**September 14, 2010**

*Negative Symptoms*

*(learn strategies to help your loved one through difficult times)*

**October 12, 2010**

*Family Crisis*

*(guidance in the event of a crisis or emergency)*

**November 9, 2010**

*Taking Care of Yourself*

*(how to stay healthy)*

**December 14, 2010**

*Christmas Party*

*(a fun evening to unwind - location to be announced)*

*All meetings will allow time for open discussion*

