



## Family Support Drop In Group

### Come out to an **Open Forum**:

- Join the Group to discuss and share your journey in providing care and dealing with mental illness
- Listen to other's as they share their journey

Note: Participants must have previously attended the Family Education or Boundary Setting Group

### Group **Details**:

- The Group runs the 2nd Wednesday monthly from 6:00—7:00 pm
  - Jan 13; Feb 10; Mar 10; Apr 15; May 12; Jun 9; Sept 8; Oct 13; Nov 10; Dec 8
- The Group is held in the Sunroom at 147 Delhi Street, Guelph