



FAMILY PEER SUPPORT IN LANARK COUNTY

• VIRTUAL FAMILY SUPPORT GROUP

- For caregivers/supporters of people with mental health and/or addiction challenges
- **When: Every Monday 6:30-8:30 pm on Zoom**
- Family wellness discussion topics offered such as: *Communication Strategies, Boundaries, Letting go of Control, Managing Guilt, Avoiding Burnout, Coping in Crisis* etc ...
- Sense of community, companionship and support
- Cost: free
- To register, email Sean at seand@pso-ottawa.ca with the subject line: "Family Peer Support Group"



• FAMILY eNEWSLETTER

- Emailed monthly
- Information about mental health related community events, workshops, courses and support groups
- News about what's happening at PSO and other agencies
- List of mental health agencies in Ottawa region
- Wellness tips and strategies
- Inspiration corner about hope and recovery and more ...
- Cost: free
- To subscribe, email Beata at beataz@pso-ottawa.ca with the subject line: "Subscribe to the Newsletter"



• ONE-TO-ONE TELEPHONE SUPPORT

- Family Peer Support Workers and Volunteers are caregivers of people with mental health and/or addiction challenges
- We do not advise on patient care or treatment options and we are not part of the medical system
- We focus on family recovery, sharing hope and empowerment from our shared experience
- Cost: free
- For support, email Linda at lanarkfamsupport@storm.ca with the subject line: "Family Peer Support" or call Sean at 613-567-4379 x 221

