



FAMILY SUPPORT GROUP

You're Not Alone

Supporting a loved one through mental health or substance use challenges can feel overwhelming and isolating. This peer-facilitated support group offers a safe, respectful space for families to connect, share experiences, and learn about available supports through guided discussion and lived experience.

Who Should Attend

Family members and loved ones who are supporting someone with mental health and/or substance use challenges.



June 22, 2026



10 a.m. to 2 p.m.



CMHA Hastings Prince Edward

250 Sidney St. Suites 101/201,
Belleville, ON K8P 3Z3



WHAT TO EXPECT

- ✓ Peer-led conversations grounded in lived experience.
- ✓ A safe, confidential, non-judgmental space.
- ✓ Discussion around stress, boundaries, family roles, and self-care.
- ✓ Connection to community and healthcare supports.
- ✓ Opportunities to share, listen, and learn from others.

Featuring content from the “Unspoken Truths Family Engagement Network” focused on family experiences, healing, and connection.

RSVP TODAY



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This event is presented in partnership with Peer Support South East Ontario, Quinte Health and Canadian Mental Health Association – Hastings Prince Edward.