

# Muskoka Family Peer Support Group

Provides support and education to family members and caregivers who care for individuals with mental health issues. We provide a safe, non-judgmental environment for growth and healing.

## Weekly Meetings as follows:

### HUNTSVILLE:

**October 7 & 28, November 11 & 25, December 2 & 16**

Summit Centre, Al Thorpe Room, 20 Park Drive (across from Pool office)

### BRACEBRIDGE:

**October 21, November 4 & 18, December 9**

Canadian Mental Health Association, Small Multi-Purpose Room, 173 Manitoba Street

**Please note:** The group is not meeting on October 14th, December 23rd or 30th  
If desired, other support arrangements can be made

### For more information please contact:

Linda Watt  
Initiative Coordinator  
705 205 5601

Valerie Kitchen  
Program Coordinator-COI  
705 384 5392 ex. 4228



Canadian Mental  
Health Association  
Muskoka - Parry Sound

Addictions and  
Mental Health Services



Supported by / Avec le soutien de



Ontario  
North Simcoe Muskoka Local  
Health Integration Network  
Réseau local d'intégration  
des services de santé de  
Simcoe Nord Muskoka



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**MONDAYS**

**6:00–7:30 PM**

**ALTERNATING IN  
HUNTSVILLE &  
BRACEBRIDGE**