



Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services



Gravenhurst Family Support

Group 101

An 8-week psycho-educational group intended for family members or individuals concerned about another's substance use, gambling, or gaming.

Topics covered include:

- Stages of Change
- Co-dependency
- Enabling
- Creating Boundaries
- Treatment in Ontario
- Distress Tolerance
- Cycle of use
- Grief and Loss

**Starting October 13, we will be offering a
virtual group every Tuesday evening from
6:00pm—8:00pm**

Telephone assistance will be provided to help you
set up your device.

Please call 705-645-2262 ext 1337 if interested.