

Family (includes parents, adult children (16+) and 'Family of Choice' (close friends)



Drop In Family Support Group

Now Available at CHANNAL

What is Family Support Group?

For the purposes of this group, family includes parents, spouses, significant others, siblings, children (16 years old and up), and other relatives. It also includes close friends that have become a 'family of choice'. Anyone that supports a loved one with mental health/substance use issues are welcome to drop in.

This structured group focuses on the needs of the family members and supporters. It helps family members gain knowledge about their loved one's mental health issues as we discuss topics such as communication and managing expectations while helping care givers realize that self-care is an important part of looking after loved ones.

CHANNAL provides a safe, confidential and non-judgmental place to share and connect with others in similar situations.

WHEN

Every

Wednesday Evening

6:00 pm until 8:00 pm

WHERE

CHANNAL

70 The Boulevard

St. John's

Registration or referral
not required



Warm Line

753-2560 or toll free at 1-855-753-2560

Open 7 days a week

11:00 AM until 11:00 PM

Please respect that CHANNAL is a safe, sober and scent-free environment

Group focuses on the needs of the family, friends, and other supporters.