



HOPE & HELP

FAMILY ALLIANCE ON MENTAL ILLNESS LEADERS IN INVOLVEMENT, EMPOWERMENT & SUPPORT

Professional, safe and effective family peer-led group for family members (caregivers, parents, partners, siblings, adult children) affected by mental illness (bipolar, depression, anxiety, trauma-related, substance use & addiction disorders).

Every Second Tuesday
Beginning Oct 10, 2023
12 PM to 1:30 PM
at ACE, 1139 - 6 Ave
in Prince George

For more about support, please contact Kim Dixon, Peer Support Canada certified Family Peer Support Mentor and National Alliance on Mental Illness certified Family Peer Support Group Trainer at:

kimdixon@bcsspg.org

FAMILY PEER SUPPORTER:

- Guides group work to support families in crisis.
- Nurtures group wisdom to successfully cope and adapt.
- Provides individual support available by appointment on request.

**FREE confidential
DROP-IN group with
NO referral needed**