

## *“Inspiring Recovery Together”*




### A Mutual Support Group for Families Living with Mental Illness at WOTCH Community Mental Health Services

**If you are a family member, caregiver or friend to someone who has a serious mental illness and would like to meet with other individuals who share the same experience, please join us!**

*As a group, we will:*

- *Share our lived experience with mental illness*
- *Provide mutual support and problem solving*
  - *Learn about community resources*
  - *Socialize and plan activities*



If you have any questions, please feel free to contact  
Sabrina Andrews, Family Support Worker at  
WOTCH Community Mental Health Services  
(519) 668-0624, ext #227  
or e-mail at [S.Andrews@wotch.on.ca](mailto:S.Andrews@wotch.on.ca)

The meetings are located at WOTCH  
534 Queens Avenue in the Attic (not handicapped accessible)  
From 6:30 p.m. - 8:30 p.m.

### 2010 Schedule



JANUARY 7  
JANUARY 21  
FEBRUARY 4  
FEBRUARY 18  
MARCH 4  
MARCH 18  
APRIL 1  
APRIL 15

MAY 6  
MAY 20  
JUNE 3  
JUNE 17  
JULY 1 (CLOSED)  
JULY 15  
AUGUST 5  
AUGUST 19

SEPTEMBER 02  
SEPTEMBER 16  
OCTOBER 7  
OCTOBER 21  
NOVEMBER 4  
NOVEMBER 18  
DECEMBER 2  
DECEMBER 16