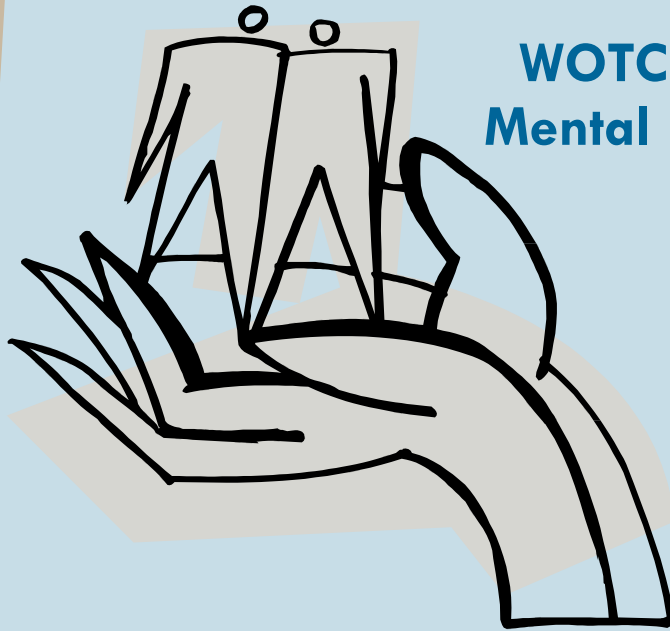


# Inspiring Recovery Together

## WOTCH Community Mental Health Services



### Do you have a loved one living with mental illness? *You are not alone!*

Often the emotional, spiritual and mental health of family members, caregivers, or friends of those who have a serious mental illness gets over-looked. This support group will help introduce you to the concepts of mental health recovery and will provide some tools to empower you to help your loved one move forward while preserving your own sense of "self."

As a group, we will share our experiences, provide mutual support and learn about community resources. All activities take place in a safe, peaceful environment where we share the common experience of supporting someone with a mental health concern.



**Where:** WOTCH - 534 Queens Avenue  
Upper Level (not wheelchair accessible)  
**When:** 1st & 3rd Thursday of each month  
**From:** January to December, 2011  
**Time:** 6:30 pm - 8:30 pm

**Please note:** *This is an open group; please feel free to attend sessions as you are able to do so*

For more information, please contact [Sabrina Andrews](mailto:S.Andrews@wotch.on.ca),  
Family Support Worker at WOTCH:  
(519) 668-0624 ext. 227 or by email to:  
[S.Andrews@wotch.on.ca](mailto:S.Andrews@wotch.on.ca)

### 2011 Schedule

January	6th	20th
February	3rd	17th
March	3rd	17th
April	7th	21st
May	5th	19th
June	2nd	16th
July	7th	21st
August	4th	18th
September	1st	15th
October	6th	20th
November	3rd	17th
December	1st	15th