

VIRTUAL FAMILY SUPPORT DROP-IN



Join us for support in a friendly, non-judgmental space where family members can share their experiences of supporting their loved ones from mental health and or addiction challenges. Know that you are not alone and support is there offered by those who have walked in your shoes. Learn new skills on how to support yourself and others.

We are pleased to offer to a lunch time and evening family support drop-in, using Zoom.

The lunch time drop-in will be held on the 1st Tuesday of each month from 12-1:30 pm

The evening option will be held the 3rd Tuesday of each month from 7-9pm

LUNCH	EVENING
12-1:30pm	7-9pm

June 2	June 16
July 7	July 21
Aug 4	Aug 18
Sept 1	Sept 15
Oct 6	Oct 20
Nov 3	Nov 17
Dec 1	Dec 15

To sign up please use the link below to register:

<https://www.eventbrite.ca/e/virtual-family-support-drop-in-tickets-104642689100>

For more information please contact:

Sophy 647-649-9042

Zebina 647-286-1452

familysupport@krasmancentre.com

