



Canadian Mental  
Health Association  
Cariboo Chilcotin

# Supporting Our Families: Take a Break

Are you a parent or caregiver who is caring for a child/youth or adult up to age 25 who is struggling with issues such as mental health, anxiety, substance use or behavior? Are you in need of support?



CMHA's Take a Break support group is an opportunity to meet other parents or caregivers, make connections, share experiences, build resources and learn or strengthen skills.

## Some topics of discussion will be:

Mental health issues

Substance use

Strategies for wellness

Boundary setting

Communication skills

Coping with Anxiety

Stress Management

## Please Join Us:

April 30, 2019

6-8pm

Canadian Mental Health  
Monthly Meetings to Follow



For more information, please contact your local CMHA branch:

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