

Mental Health Family Support Drop-in Group

WHEN: 1st and 3rd WEDNESDAYS of each month, 6-8pm

WHERE: 2079 Columbia Ave., Trail (Trail FAIR Society Building)

Family support groups offer a safe and supportive space for family members and friends to share, ask questions, and connect with others who are supporting loved ones with mental health challenges.



Offered in partnership by the BC Schizophrenia Society and Trail FAIR Society

The Mental Health & Substance Use Consumer, Family & Peer Support Program, a program of Trail FAIR Society, works to enhance the quality of life and services for people with mental health and/or substance use issues and their families.

The BC Schizophrenia Society offers in person and online support for family and friends who have a loved one suffering from any chronic mental illness.

Contacts

Lisa Melenka, Program Coordinator
Mental Health & Substance Use
Consumer, Family & Peer Support Program
a program of Trail FAIR Society
250-364-2326 ext.225
LMelenka@trailfair.ca

Melissa Michaud
Mental Health Family Support and Education
BC Schizophrenia Society
250-505-2976
nelson@bcss.org