



CAMHS

Community Addiction and Mental Health
Services of Haldimand and Norfolk

**Do you have a family member, friend, or loved one
living with addiction?**

Are you finding it difficult to be a support person?

Let us help!



**The Family and Friends Support Group is a free education and
discussion-based group that can help you with:**

- **Deepening your understanding of addiction**
- **Developing strategies for supporting your loved ones**
- **Learning coping skills for maintaining your own personal health**
- **Understanding common themes including enabling, codependency, boundaries, healthy communication, and more!**

**This group will run every Thursday from 6:00pm to 7:00pm at Indwell –
Hambleton Hall (203 John Street). No registration required.**

Please contact us at 519-587-4658 Ext. 4090 for more information!