

# SUPPORT GROUPS FOR MENTAL HEALTH

## Depression, Bi-Polar, & Anxiety Group Charlottetown

A support group for individuals who have depression, bi-polar disorder, or anxiety

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month, 1:00 p.m. @ Canadian Mental Health Association, PEI Division (178 Fitzroy St)

For more information, contact CMHA Individual and Family Support by calling (902) 628-1648 or toll free at 1-800-682-1648 or email at [selfhelp@cmha.pe.ca](mailto:selfhelp@cmha.pe.ca)

## Emotions Anonymous Summerside

Emotions Anonymous is a 12 step self-help group for people with emotional problems. It's for anyone who would like to become emotionally healthy and live at peace with or without solved problems.

Every Wednesday, 7:30pm @ St. Paul's Parish Center (89 Winter St)

For more information, contact the group leaders at (902) 436-9787

## Emotions Anonymous Wellington

Emotions Anonymous is a 12 step self-help group for people with emotional problems. It's for anyone who would like to become emotionally healthy and live at peace with or without solved problems.

Every Tuesday, 8:00 p.m. @ Access PEI Building (48 Mill Rd, Side door entrance)

For more information, contact the group leaders at (902) 854-2974

## Wings of Change Peer Support Group Charlottetown

A peer support group for first responders, military members, corrections personnel, health care workers and more to participate in anonymous, solution based discussion regarding operational trauma.

2<sup>nd</sup> Monday of every month, 6:00 p.m. @ Canadian Mental Health Association (178 Fitzroy St.)

For more information, please contact the group leaders by emailing

[meghanl.a.colvin@gmail.com](mailto:meghanl.a.colvin@gmail.com) or visit their Facebook page *Wings of Change – Prince Edward Island*

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**Canadian Mental  
Health Association**  
Prince Edward Island  
*Mental health for all*