

Mental Health

Depression, Bi-Polar, & Anxiety Group Charlottetown

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

1st and 3rd 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

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, 7:30 p.m. @ 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

Freeing the Words Support Group (for those that are barren) Charlottetown

Freeing the Words support group offers a confidential space for women, men, and couples who are barren (i.e. unable to conceive or successfully produce their children). It's a space where everyone is heard with respect, empathy, and dignity. This group is non-denominational; all are welcome.

2nd and 4th Wednesday of every month, 7:00 p.m. – 8:30 p.m. @ St. James Presbyterian Church (35 Fitzroy St. Enter via door marked Church Office on Pownal St.)

For more information, contact the group leader at fmccharlottetown@fertilitymatters.ca

Mental Health Support Group Charlottetown

A support group for individuals living with a mental health concern or a mental illness

Every Wednesday, 1:30 p.m. @ McGill Center (55 McGill Ave)

Note this group is facilitated by a Community Mental Health clinician

For more information, contact the group leader at (902)368-4911

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.

2nd 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 or visit their Facebook page *Wings of Change – Prince Edward Island*

