

Family Support Groups

The Winds of Change Adult Children of Alcoholics *Charlottetown*

Adult Children of Alcoholics is a twelve step, twelve tradition program of men and women who grew up in alcoholic or otherwise dysfunctional homes. We meet to share our experiences in an atmosphere of mutual respect, and support our recovery from traumatic childhoods.

Every Monday, 6:30 p.m. @ St. Pius X Church (106 St. Peter's Rd.)

For more information, contact the group leaders at 902-292-5905 or 902-388-1284 or visit the website at www.adultchildren.org

Al Anon *Island Wide*

A group for friends and family of alcoholics who share their experience, strength, and hope in order to solve their common problems.

Groups are available across the Island. Dates and times vary.

For more information, call the Al Anon General Line at 902-892-9974 or visit the Al Anon Maritimes website at www.freewebs.com/alanonmaritimes/district10.htm

Alzheimer Caregiver Support Group *Montague*

A support group for caregivers and family members of persons with Alzheimer's disease or other dementia to meet in a safe environment where they can learn, laugh, share tips, and support one another through shared experience

3rd Wednesday of every month, 2:00 p.m. @ Perrin's Marina Villa (115 Sackville St.)

For more information, call the Alzheimer Society of PEI at (902) 628-2257 or toll free at 1(866) 628-2257

Alzheimer Caregiver Support Group *Charlottetown*

A support group for caregivers and family members of persons with Alzheimer's disease or other dementia to meet in a safe environment where they can learn, laugh, share tips, and support one another through shared experience

1st and 3rd Wednesday of every month, 1:00 p.m. @ the Alzheimer Society of PEI (166 Fitzroy St.)

For more information, call the Alzheimer Society of PEI at (902) 628-2257 or toll free at 1(866) 628-2257

Alzheimer Caregiver Support Group *Summerside*

A support group for caregivers and family members of persons with Alzheimer's disease or other dementia to meet in a safe environment where they can learn, laugh, share tips, and support one another through shared experience

3rd Thursday of every month, 2:00 p.m. @ Summerset Manor (15 Frank Mellish St.)

For more information, call the Alzheimer Society of PEI at (902) 628-2257 or toll free at 1(866) 628-2257

CMHA Family Support Group *Charlottetown*

A support group for individuals with a loved one who has a mental illness

2nd Tuesday of every month, 7:00 p.m. @ the 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

S-Anon Reflection of Hope *Charlottetown*

A group for anyone affected by another person's sexual behaviour

Every Wednesday, 6:00 p.m.

For more information, contact the group leaders at 902-367-5310

SMART Recovery Group for Families and Friends *Stratford*

A support group for family and friends who have a loved one with an addiction

Every Tuesday, 7:00 p.m. @ Reach Centre (223 Mason Rd.)

For more information, email smartrecoveryqueenspei@gmail.com or by calling or texting (902) 330-4357