

# Women

## Moms in Mind Maternal Mental Health Group *Charlottetown*

A peer support group for mothers and women

Every second Wednesday (January 30<sup>th</sup>, February 13<sup>th</sup>, February 27<sup>th</sup>), 6:00 p.m. to 8:00 p.m. @ St. Paul's Anglican Church (101 Prince St.)

For more information, visit the Facebook Page *Moms in Mind Maternal Mental Health Peer Support Group*

## Women Coping with Unhealthy Relationships *Charlottetown*

A support group for women who are experiencing or who have experienced emotional, physical, sexual, spiritual, or financial abuse.

3<sup>rd</sup> Monday of every month, 7:00 p.m – 9:00 p.m. @ the Canadian Mental Health Association (178 Fitzroy St.)

For more information, contact the Canadian Mental Health Association at (902) 628-1648 or toll free at 1-800-682-1648