

# 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, email group leaders at acoapei@gmail.com or visit the website at [www.adultchildren.org](http://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.al-anonmaritimes.ca](http://www.al-anonmaritimes.ca)

## 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

3<sup>rd</sup> 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

1<sup>st</sup> and 3<sup>rd</sup> 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

3<sup>rd</sup> 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

## Caring for the Caregiver *Alberton*

Caring for the Caregiver is a peer support group offering a confidential place for those acting as a caregiver for family or friends. It offers a space to talk, in a group setting about our

experiences, challenges, stresses and the rewards of providing care for a loved one who has an illness, is elderly, disabled, chronically ill or palliative.

Every Monday, 7 p.m. – 8:30 p.m. @ Hope Centre Clubhouse (410 Main St., Dufferin St. Entrance)

For more information, contact the group leader at 902-806-0286

Note this group does not meet on holidays

#### CMHA Family Support Group Charlottetown

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

2<sup>nd</sup> 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](mailto:selfhelp@cmha.pe.ca)

#### S-Anon Reflections 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 members 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

2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month, 7:00 p.m. @ Reach Centre (223 Mason Rd.)

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