

## **MENTAL HEALTH**

### **Adult ADHD Group *Charlottetown***

A weekly group for folks living with ADHD and ADD, who share the struggles and victories of living with this condition. Occasionally guest speakers will come and speak on a topic of particular interest to ADHD. No formal diagnosis required.

Every Wednesday, 7:30 p.m. – 9:00 p.m. @ Canadian Mental Health Association (178 Fitzroy St). For more information, contact the group leaders by email at [contact@adhdpei.ca](mailto:contact@adhdpei.ca) or visit the Facebook page *ADHD PEI*

\*\*Please note that we post cancelations on the Facebook page by 4:00 p.m. Stragglers are always welcome at any point in the night. If you are joining late, please knock on door by the cork board, and be mindful of the discussion that may be taking place.

### **Reflections *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 *Charlottetown***

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

Every Thursday, 7:00 p.m. @ The Mount Continuing Care Community (141 Mt. Edward Rd.). For more information, contact the group leader at 902-218-6380

### **Emotions Anonymous *Summerside***

Emotions Anonymous is a 12 step self-help group for people with emotional problems. Open to 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 unsolved 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

### **Mental Health Check-In Group *Montague***

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

Every Tuesday, 3 p.m. – 4 p.m. @ Community Mental Health and Addictions (126 Douses Rd, Program Room).

Note this group is facilitated by a Community Mental Health clinician. For more information, contact the group leader at (902)838-0960

#### Mental Health Check-In Group **Souris**

A support group for individuals living with a mental health concern or a mental illness  
Every Tuesday, 3 p.m. – 4 p.m. @ Community Mental Health and Addictions Annex (17 Knights Lane).

Note this group is facilitated by a Community Mental Health clinician. For more information, contact the group leader at (902)687-7110

#### Still Here **Charlottetown**

A support group for anyone who has mental illness.

Every Monday, 1pm – 3pm @ Canadian Mental Health Association, PEI Division (101 Longworth Avenue)

For more information, contact the group leader Ashley at (902) 628-3666 or by email at [a.belanger-birt@cmha.pe.ca](mailto:a.belanger-birt@cmha.pe.ca)

#### Still Here **Montague**

A support group for anyone who has a mental illness. Meets 1<sup>st</sup> Thursday of the month from 1:30-3:30, and the 3<sup>rd</sup> Thursday of the month from 6:00pm-7:00pm at the Canadian Mental Health Association Montague Office (572 Main St). For more information contact Hanna at (902)838-2489 or [h.hameline@cmha.pe.ca](mailto:h.hameline@cmha.pe.ca)

#### 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* or visit their website at [wingsofchange.wixsite.ca/wingsofchange](http://wingsofchange.wixsite.ca/wingsofchange)