

COVID – 19 Online Self Help Group List – CMHA PEI

The following list of self-help groups is from Individual and Family Support, a program of the Canadian Mental Health Association PEI Division (CMHA). Due to restrictions put in place by Health PEI in response to COVID-19, below is a list of self-help groups who are meeting virtually during this time.

For more information, contact Individual and Family Support by calling: 902-628-1648 or toll free at 1-800-682-1648, or find a complete listing of groups at www.pei.cmha.com/find-help/self-help-groups/.

- Still Here Peer Support Group: Check the Facebook group, [CMHA Still Here Mental Health Support Group](#), for meeting times and discussions.
- ADHD PEI: Visit the Facebook group, [ADHD PEI](#), for virtual meeting times.
- Alcoholics Anonymous: Visit: charlottetownaa.ca for list of Zoom meetings in PEI
- Alcoholics Anonymous is holding virtual meetings for women in recovery. If interested, join the Facebook group, [PEI Women in Recovery](#).
- PEERS Alliance is holding *Talk It Out* discussion groups every second Tuesday for LGBTQ+ youth. These are private chats. If interested, get in touch with Rory Starkman, youthpc@peersalliance.ca
- PEERS Alliance is holding *Adult Drop-In* discussion groups for the 2SLGBTQ+ community every second Wednesday. Get in touch by emailing outreach@peersalliance.ca or join the Facebook group, [Red Island Sexual Orientation and Gender Identity Group](#).
- Winds of Change: Adult Children of Alcoholics is holding virtual meetings. Contact Wade, 902-292-5905, or Gerry, 902-388-1284, to join.
- LifeRing Secular Group is meeting Wednesday, 5:30-6:30 p.m., via Zoom. To join, visit zoom.us/j/7060801942 and use meeting ID: 706 080 1942 or visit [LifeRing Maritimes Facebook page](#).