

# FAMILY SUPPORT GROUPS - 2021

## 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)

## Province-wide Care Partner Support Group *Online*

A support group for caregivers and family members of persons with Alzheimer's disease or other dementia 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 via Zoom.

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 [t.willows@cmha.pe.ca](mailto:t.willows@cmha.pe.ca)

## S-Anon Reflections of Hope *Online*

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

Every Monday, 7:00 p.m. on Zoom.

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

S-Anon Reflections of Hope **Charlottetown**

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

Every Wednesday, 6:00pm.

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

S-Anon Reflections of Hope **Summerside**

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

Every Thursday, 7:00pm.

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

SMART Recovery Group for Families and Friends **Island Wide**

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

Online support and Zoom meetings available through [smartrecoverytoronto.com](http://smartrecoverytoronto.com)

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

Winds of Change Adult Children of Alcoholics and Dysfunctional Families **Charlottetown**

A support group for adult children of alcoholics and dysfunctional families.

Every Tuesday, 6:30pm @ the Benevolent Irish Society (582 North River Rd., Charlottetown),  
downstairs

For more information, contact Margaret at 902-628-7684 or Paul at 902-892-1237