

# MENTAL HEALTH GROUPS - 2021

## 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), visit the Facebook page *ADHD PEI* or visit [www.adhdpei.ca](http://www.adhdpei.ca)

\*\*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.

\*\* Please note that due to pandemic protocol, we ask you to contact the group organizers before you attend.

\*\* Please note for those who are unable to attend in person, there is also an Online Zoom group running simultaneously with the regular meeting

## 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 Jack Blanchard Family Centre (7 Pond St.).

For more information, contact the group leader at 902-218-6380

## 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

Still Here **Charlottetown**

A support group for anyone who has mental illness.

Every Monday, 11 a.m. @ Peer Support Office (101 Longworth Ave)

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 **Charlottetown**

A support group for anyone who has mental illness.

Every 2<sup>nd</sup> Wednesday, 7 p.m. @ Peer Support Office (101 Longworth Ave)

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)

Peer Support Group **Alberton**

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

Every Thursday, 6 p.m. – 8 p.m. @ Hope Centre Clubhouse, Alberton (410 Main Street, Alberton).

For more information contact (902) 853-3871