

Family Support Groups

AI 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 AI Anon General Line at 902-892-9974 or visit the AI Anon Maritimes website at 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 a.gallant-squires@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

Family Support Groups

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
For more information, email 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 email
windsOfChangeaca@gmail.com

Grief and Grieving Online

On-going facilitated grief and grieving support group for all Islanders- family, extended family, friends-anyone who has experienced loss. 3rd Thursday of every month, 7:00 p.m.
@ Zoom online meeting app. For more information and to register, contact Lynn at 902-330-3857. ** Please note: One on one grief support Hospital volunteers are also available for private phone conversations. Contact Lynn Butler at 902-330-3857 to be part of this peer support program.

Family Support Groups

Restructured ACA Group

This group is for adult children of alcoholics and dysfunctional families.

Meets at St. James Presbyterian Church, 35 Fitzroy Street, every Thursday 7:00 p.m.

Contact Noreen, at 902-892-1509.