

Mental Health Support Groups

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.

Charlottetown - every Wednesday, 7:30 p.m. – 9:00 p.m. Canadian Mental Health Association, 178 Fitzroy St.

Summerside - every Wednesday, 7:30 p.m. Summerside Rotary Library, 57 Central St.

For more information, contact the group leaders by email at contact@adhdpei.ca, visit the Facebook page ADHD PEI or visit 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

Mental Health Support Groups

Still Here Charlottetown

A support group for anyone who has a 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

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Still Here Montague

A support group for anyone who has a mental illness meets at the Canadian Mental Health Association, 572 Main St., Montague, at 11:30 a.m. For more information call 1902-838-2489.

Eating Disorders Anonymous

Every Saturday: Eating disorders anonymous (We do recover), for anyone who struggles with an eating disorder, meets at 223 Kent Street at 6:00 p.m. For more information email princeedwardislandeda@gmail.com.