

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

CMHA PEI Still Here Charlottetown

A support group for anyone who has a mental illness.

Charlottetown Office, 203 Fitzroy Street:

Monday's - 11:30AM – 1:00PM

Wednesday's - 6:00PM – 7:30PM

For more information, contact the group leader Ashley at (902) 628-3666 or by email at a.belanger-birt@cmha.pe.ca

CMHA PEI Still Here Montague

A support group for anyone who has a mental illness.

Montague Office, 572 Main Street, Montague

Thursday's - 11:30AM – 1:00PM

For more information call (902) 838-2489.

CMHA PEI Still Here Summerside

A support group for anyone who has a mental illness.

Summerside Office, 61 Duke Street, Summerside

Tuesday's - 10:30AM – 12:00PM

For more information contact, Chad Barbour at our Summerside Office at (902) 436-7399

CMHA PEI Still Here Alberton

Location: West Prince Office, 1 College Street, Alberton

Wednesday's – 10:30AM – 12:00PM

For more information contact, Alana Leard at our West Prince Office at (902) 214-2344

Mental Health Support Groups

PEI Autistic Adults Support Group

PEI Autistic Adults is an online and in-person peer-support group for autistic adults/seniors on PEI to talk about autism, share experiences of navigating PEI as autistic adults, and support each other. The website has a public blog where members can share their views, a members-only discussion forum, chat functionality, and links to their social media. There are weekly meetings in Charlottetown and plans to expand to different locations once the group is larger. PEI Autistic Adults was started by an autistic senior and currently has 55 members ranging from students to seniors. For more information please visit www.peiautisticadults.com If you'd like to participate in the meetings but don't wish to interact online please email peiautisticadults@gmail.com. PEI Autistic Adults is not affiliated with any organization.

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