

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 PEI Monthly Family Support Group Charlottetown

Are you caring for a family member or loved one who is dealing with a mental health concern? Participating in self-help offers social support, relief from isolation and a place to share practical information. Most importantly you know you're not alone because you're connected with others with similar struggles and experiences. Held every 2nd Tuesday of each month, at 7 pm at the CMHA PEI Division Office, 178 Fitzroy Street in Charlottetown.

For more information contact: Call (902) 628-1648 or email register@cmha.pe.ca for more information

Family Support Groups

S-Anon Reflections of Hope Summerside

SAnon (Reflections of Hope), for anyone affected by another person's sexual behaviour, meets in Summerside, 7 p.m. For more information, call 902-303-9409 or email sanonrohpei@live.ca.

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 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 windssofchangeaca@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.

Restructured ACA Group

Restructured ACA group, for adult children of alcoholics and dysfunctional families, meets at St. James Presbyterian Church, Pownal Street., every Thursday and Sunday in Charlottetown, 7 p.m. Contact Noreen, 902-892-1509.