



FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE (FAME)

New Mental Health Support Group for Family Caregivers in Bolton

May 18, 2017

BOLTON, ON – The Family Association for Mental Health Everywhere (FAME) has expanded its services to include a new family support group in Bolton. This free monthly support group, set to begin on **June 1, 2017**, is for family members and caregivers who support an individual experiencing a mental health concern.

“FAME is committed to advocating for family members in Ontario’s mental health system,” said Sharicka Reid, FAME Family Support Worker. “Support groups are an excellent way for family caregivers to practice self-care, learn from one another and build a sense of community.”

The Bolton support group will be based out of The Exchange (55 Healey Road, Bolton, ON), an organization that promotes nutritious food and collaboration between local community agencies, such as FAME, CMHA – Peel and Supportive Housing in Peel (SHIP).

Support groups are an excellent way for family caregivers to meet, share experiences and learn from one another. They allow family caregivers to practice self-care while developing coping strategies and knowledge to help them support their loved ones as best as they can. Beginning June 1, 2017, this group will meet monthly on **the first Thursday of each month**.

FAME has offices in communities throughout the GTA, Peel Region, including Orangeville, Brampton and Mississauga. In addition to support groups, FAME offers one-on-one supportive counselling, educational events and various programs focused on specific mental health issues. The availability of FAME’s programs and services depends on location, time of year and community needs.

For more information regarding the Bolton support group, contact Sharicka Reid:

Sharicka Reid, B.A. (Honours)
Family Support Worker

Family Association for Mental Health Everywhere (FAME)
60 West Drive | Suite 207 | Brampton, ON | L6T 3T6
905-452-7770 | sharickar@fameforfamilies.com