

Family Support Group

Please join us every third Tues of the Month 6:00-7:30pm!

TWO LOCATIONS: Ottawa and Pembroke

**In Ottawa at The Royal, 1145 Carling Ave, Room 1425 & 1424
(MSWs: Juliet Haynes, Debbie Mullins and Jillian Crabbe)**

**In Pembroke at Carefor Health and Community Services, 425
Cecelia St., Pembroke (August Macrae, Mental Health Services of
Renfrew County)**

JANUARY'S TOPIC: Tues Jan. 15th 6-7:30pm

**From denial to acceptance- Let's have a candid conversation on
how one is able to redeem and reframe a loss despite the pain it
brings. How does one find a "new normal" through the ups and
downs of a caregiver mental health journey?**

FREE, open to the public & no need to register in advance!