A group designed to provide families and/or caregiver peer-support, self-care and coping strategies while providing education and valuable resources to help meet the challenges involved when supporting a child/youth with dual diagnosis.

Sessions will include presentations from various community partners.

Topics will include:

- Behaviour Management
- Self-care
- Family Challenges
- Education
- Respite Support
- Autism Consultation
- Crisis Services
- Planning for adulthood
- and many more!

Who We Are

PCCN
PEEL CRISIS CAPACITY NETWORK

Facilitated by:

- Kiera Halliday
- Tatyana Brum

To register or inquire about the group, please contact the Peel Crisis Capacity Network Facilitators:

Tatyana Brum
416-834-8077
tatyanabr@pccn.ca

or

Kiera Halliday
416-577-4296
kieraha@pccn.ca

FAMLIES CONNECT SUPPORT GROUP LOCATION:

Community Living Mississauga
#1- 6695 Millcreek Drive
Mississauga ON. L5N 5R8

Please take advantage of this exciting group

The Peel Crisis Capacity Network
&
Brampton Caledon Community Living
Present

FAMILIES CONNECT SUPPORT GROUP

For Parents and Caregivers supporting adults (18+) with a developmental disability and mental health concerns

FREE

8 Week in-person Program

Wednesday Evenings

Oct 9- Nov 27, 2024
6:00 pm- 8:00 pm

Coloring is a great mindfulness activity

What are Family Dynamics?

Family dynamics are the patterns of relating or interactions between family members. Every family has their own, unique dynamics – some more complex than others. Acknowledging these dynamics and learning new strategies and skills to address challenges, is an important step to managing current and future crisis.

Learn About:

- What is a Dual Diagnosis
- Resources in the Community
- How Caregiver Stress Can Affect You
- Practical Approaches to Balance Mind, Body & Spirit
- Behaviour Management
- Connect With Other Caregivers in Similar Situations

What is Mindfulness?

Mindfulness is the ability to be fully present and aware of where we are and what we are doing. It is the ability to calm our minds and to not be overly reactive by what is going on around us. It occurs when we bring awareness to what we are directly experiencing via our senses (sight, scent, hearing and taste) or state of mind via our thoughts or emotions.

What is Self-Care?

Self-care is a crucial activity or action that one does to help maintain their physical, mental and/or emotional health. It can help you feel healthy, relaxed and ready to take on tasks and responsibilities. Often times people neglect their own self-care as they are busy caring for the needs of loved ones. This often results in high burn out and stress.