

Caregiver Peer Support – Online and In-person

All services listed are free of charge - last updated February 2024

Families for Addiction Recovery (FAR) Canada - *online

Focus: Substance Use

Parent-to-Parent Support

P2P offers 8 conversations of up to one hour each with the parent supporter over a two-month period. Conversations are by phone and scheduled at times decided between you and your supporter. Registration Form is found on the website: <https://www.farcana.org/family-support/we-can-help/parent-parent-support/>

Online Parent Support Groups

Participation in the group is free, and no registration is required. Meeting links are located on their website <https://www.farcana.org/family-support/we-can-help/parent-support-group/>

1st and 3rd Monday of every month @ 7:00-8:30 p.m. EST

1st and 3rd Tuesday of every month @ 12:00-1:30 p.m. EST

*Monday meetings which fall on a holiday will be held the following Tuesday at 7:00 p.m. EST. For more information about these groups - Contact: Sophy at 1-855-377-6677 ext. 204

Phone Support Line

Call for free support anywhere in Canada - 1-855-377-6677 ext. 207

Monday to Friday Noon-3:00 p.m. EDT

Wednesday Evenings 7:00 p.m.-9:00 p.m. EDT

For more information visit: www.farcana.org

SMART Recovery - Family and Friends Meetings - *online

Focus: Substance Use

Uses methods based on the tools of SMART Recovery and CRAFT Approach (Community Reinforcement & Family Training). Meetings provide concerned significant others the tools they need to effectively support their loved one, without supporting the addictive behavior. These tools also help Family & Friends better cope with their loved one's situation and regain their peace of mind.

Our online and in-person meetings are run by trained facilitators who often have their own experiences as a family member affected by a loved one's relationship with alcohol, drugs, gambling or other problematic behaviors.

For more information and to find a meeting time: <https://smartrecovery.org/family>

Family and Friends - Helpful Worksheets: <https://smartrecovery.org/family-friends-worksheets>

LIFEWISE Mental Health Peer Services - Family Support Group – Wellness Together Canada *Online

Focus: Mental Illness; Substance Use

Our families can play a major role in substance use and recovery support, and the journey affects everyone differently. Lifewise Family Group Support focuses on the needs of the family member (including “family of choice”) as they support a loved one with mental health and substance use issues. Family groups are available: **Thursdays 3:30-5:00 PM (EST) & Sundays 11:30-1:00 PM (EST)**

For more information: <https://www.wellnesstogether.ca/en-ca/resource/lifewise-family-support>

Need to talk to someone?

Warmline available 10:00am - 12:00am daily (EN) 1-855-753-2560; (FR) 1-833-753-5460

PEPP (Primary Episode Psychosis Program) Parent Support Group - *London

Focus: Serious and Persistent Mental Illness; Substance Use

Meets the **3rd Tuesday** of each month, 7-9 pm, Board Room, 648 Huron St.

For more information, contact:

Brenda Wentzell at 519-808-0676 or brenda.wentzell@gmail.com

You Are Not Alone (YANA) - *London

Focus: Peer led, faith-based support group for people whose loved one has a mental illness

Meets the **4th Tuesday** of each month, 7-8pm, St. Michael’s Catholic Church, 511 Cheapside

We begin with a welcome and check-in. We have a quote on a theme for the week; perhaps self-compassion, setting boundaries, forgiving. This is followed by a quote from the Bible or other spiritual reflection that speaks to the same theme. We discuss a practical aspect of the struggles and successes of supporting someone with a mental illness and reflect on how we experience or search for God’s presence in our lives. Y.A.N.A. honours the uniqueness of each person’s story in an environment that is supportive, confidential, accepting and hopeful. Anyone interested is welcome to come and explore how God is present in their journey.

For more information, contact:

Cathie Gauthier - 519-850-0600 or cathiegauthier@rogers.com

Dorothy Solomon – 519-204-2931 or dorothysolomon41@gmail.com

Family Support Group - *London

Focus: Adults supporting adults struggling with mental illness.

Meets the **2nd Tuesday** of each month, 7-9pm at 648 Huron St.

For more information prior to attending, please contact: Joy Lang - 519-434-7760

Ark Aid Street Mission - Parents’ and Friends Group - *London

Focus: Homelessness

Tuesdays at 6:30pm at The Ark, 696 Dundas St.

This group welcomes family and friends of those experiencing homelessness to come together for mutual support and to provide support for those whom they love.

For more information, contact: 519-667-0322 or info@arkaidmission.ca

CMHA Thames Valley – Elgin - Family Support Group - *online

Focus: Mental health, psychosis

Meets the **3rd Monday** of each month from 6-7:30 pm, online, using Zoom

Co-facilitated by a mom with family lived experience and a professional from the Primary Episode Psychosis Program (PEPP) Clinic in St. Thomas.

For more information, contact:

Jaime.pinkerton@cmhatv.ca or 519-636-7449

Kathryn.callahan@cmhatv.ca or 226-980-8589

Parents for Children’s Mental Health (PCMH) - Family Care Centre - *London

Focus: Parents & Caregivers raising children and youth with mental health challenges

PCMH has chapters in regions across Ontario hosting peer support groups with parents and caregivers. Our group sizes vary from chapter to chapter, but you can expect as few as seven people to as many as 30 parents in your group. Some chapters have regular guest speakers on topics ranging from anxiety and ADHD to parenting and self-care.

Peer Support Group for Parents & Caregivers

Held the **4th Monday** of each month

6:30-7:30 at 1990 Royal Crescent (Argyle Family Centre)

For more information contact: Lyndsay and Olivia at London@pcmh.ca.

One-to-One Peer Support

*Book a 45-minute peer support session from anywhere in Ontario

Wednesdays 2 pm- 4 pm

Thursdays 6 pm- 9pm

Schedule your one-to-one session here:

<https://calendly.com/pcmhontario/one-on-one-peer-support?month=2023-12>

Email: support@pcmh.ca for more information!

*Staff contact Vicki Cochrane vcochrane@cmho.org

Al-Anon/Al-Ateen/Nar-Anon Family Groups

Focus: Substance Use

Al-Anon is a worldwide fellowship for families & friends of people with an alcohol use disorder, regardless of whether or not that person acknowledges the problems caused by their disorder.

Offers daily groups, both in-person and electronic meetings offered.

For more information and to find a meeting time: call 519-457- 9393 or visit <https://www.london-on-al-anon.org/meetings-1>.

Nar-Anon is for those who know or have known a feeling of desperation concerning the addiction of someone very near to you. Members share their experiences, strength, and hope at weekly meetings.

For more information and to find a meeting time: <https://naranonontario.com/find-a-meeting>

Family Advocacy Support Centre - *online

Focus: Young adults supporting a parent with substance use concerns

Peer-led Healing Groups (18+)

*Variety of dates and topics offered both virtually and in-person.

*Free of charge and registration is required

Hope Guides - Created for peers by peers. For youth age 12+ - Free resources are made for youth and young adult peers (and always by peers). Learn about stress, triggers, boundaries, grief and more in these short peer created guides.

1:1 Peer Mentorship - We offer 1:1 meet and greet mentorship opportunities where you meet with one of our peers, you can ask questions, learn about our groups or resources, share experiences, or get support with navigating a complex system that doesn't always understand our experiences.

Website to access: <https://www.familyadvocacysupportcentre.ca/youth>

Contact: fwhyouth@familyadvocacysupportcentre.ca

Focus: Parents involved with Child Welfare Services

Parent Support Circles – online - The stress, trauma, and grief that comes with dealing with CFS is often overlooked. Our parent- led support circles are a safe, judgment free, and healing space for you to connect, get support, and share information with other parents who have experience dealing with CFS. We hope our support circles can help reduce the feelings of isolation and create an opportunity for positive relationships and healing with others who have a similar experience. The session will be facilitated by a parent leader who has life experience dealing with CFS.

To register: <https://www.familyadvocacysupportcentre.ca/parents>

Contact: fwhparents@familyadvocacysupportcentre.ca

ALL IN Family - *online

Focus: For Anyone who Supports Someone Who is Struggling with Their Mental Health

Every Week - Online via Zoom

All IN Wednesday Night Family Peer Support Group, 8pm EST - Facilitated by Kirsten & Charlotte

All IN Thursday Night Family Peer Support Group

All IN East - Ottawa Based Family Peer Support Group 7pm EST - Facilitated by Breta & Christine

For more information: <https://www.allinfamily.ca/services>

Contact: 204-295-7449 or info@allinfamily.ca

AMI Quebec - *online

Focus: Mental Illness - All mental illnesses are welcome at *Family and Friends* and at *Kaleidoscope* (including schizophrenia, borderline personality disorder, anxiety, bipolar disorder, depression, hoarding, OCD, etc) and an official diagnosis is not necessary.

Support groups are predominantly conducted in English, but discussion can be bilingual. Si vous cherchez de l'aide en français, contactez [Avant de craquer](#) 1-855-272-7837 ou [Arborescence](#) (autrefois connu sous le nom AQPAMM) 514-524-7131.

Support groups are free, and no registration is required - simply click on the group you would like to participate in to join! Groups begin promptly at 6:30pm EST. We do not allow people into the groups after 6:45pm. Meetings end at 8pm.

For more information:

[Support Groups – AMI-Quebec \(amiquebec.org\)](#)

Or call **514-486-1448**

Moms Stop the Harm - Holding Hope - *online

Focus: Peer-led support groups for those who had a loved one struggling with addiction and/or working recovery

<https://www.holdinghopecanada.org/find-a-group>

Holding Hope support is offered by Moms Stop the Harm (MSTH) - A network of Canadian families impacted by substance-use related harms and deaths. Upon joining you learn more about MSTH online and regional support groups, as well as advocacy opportunities. MSTH advocates changing failed drug policies and providing peer support to grieving families and those with loved ones who use or have used substances. For more information: <https://www.momsstoptheharm.com/>

***Grief and Bereavement**

Moms Stop the Harm - Healing Hearts - *Online

Focus: Grief/Bereavement

Free, peer-led bereavement support groups for those grieving loss of a loved one due to overdose or substance-use related harms

The following areas have in person groups: Coburg and Northumberland; Barrie; Mississauga; North Bay; Toronto; Woodbridge; Ottawa (coming soon)

Online groups via Zoom: Virtual for Rural Communities without a local Ontario Group; Canada Siblings Virtual Support Group; Canada Partners and Spouses Virtual Support Group

For more information: <https://www.healingheartscanada.org/>

Ark Aid Street Mission - A Service to Honour Our Grief and Our Loss - *London

Focus: This gathering will welcome members of our community who wish to share their grief and their sense of loss, as they mourn the loss of friends, family, employment, etc.

Saturdays at 6:30 pm, held at The Ark, 696 Dundas St. Prayers will be hosted by Anglican, Pentecostal, United and Catholic faiths, weeks 1-4 (a 5th week will be Catholic).

Contact: 519-667-0322 or email info@arkaidmission.ca

***Services for family/friends with staff support**

Co-Dependency Program – Westover Treatment Centre - *In Tilbury

Focus: Substance Use

Six Day Residential program in Tilbury, ON - family members and friends from London area welcome.

Westover views addiction as a family disease, and family members and friends may need support and encouragement and help even when the drinking/using is no longer present. The program runs from Sunday morning to the following Friday afternoon and is open to adults (18 years and over), men and women who feel they have been affected by someone else's drinking or drug abuse.

For more information: <https://www.westovertreatmentcentre.ca/co-dependency-program>

Contact: 519-692-5110

Crossing Bridges - *online

Focus: Free virtual 30-minute consultation for adults supporting youth with substance use concerns.

Meet with one of our Addictions Counsellors for a free, one-time, 30-minute virtual consultation. Describe what concerns you have about a young person's addiction or substance use. Ask questions about how you can support a young person with their addiction or substance use.

Learn what services and resources are available for young people and families struggling with addiction or substance use

For more information: <https://crossingbridges.ca/for-parents-and-adults>