

Community Mental Health Support Groups for Family & Friends

A place to meet other people in a similar situation for help, encouragement, support, information and more...

General Mental Health Support Group

2nd Tuesday of the Month

**Where: Grand River Hospital
KW Site
835 King St. West
Room # F167
Near the Mental Health Entrance**

Time: 6:30pm – 8:00pm

**Parking: Offsite parking available
(Surrounding side streets)
Onsite parking (Approx. \$6)**

**For further questions, please call:
Heather Jennings, MSW, RSW
519-749-4300 ext. 3615**

Addiction and Mental Health Support Group (Concurrent Disorders)

4th Tuesday of the Month

**Where: Grand River Hospital
Freeport Site
3750 King St. East
Room #1487
Grand River Terrace – 2nd floor**

Time: 6:30pm – 8:00pm

**Parking: Located on bus route #27
Onsite parking (Approx. \$6)**

**For further questions, please call:
Trish Benoit, MSW, RSW
519-749-4300 ext. 2366**

**The groups are both continuous and
members can join at anytime!
Registration is not required.
There is NO COST to attending.
Light refreshments provided.**

**GRAND RIVER
HOSPITAL**
