

Having a family member or loved one with a mental illness can be stressful and isolating.

Through the Mental Wellness Centre, families and friends can access support groups that are here to provide comfort and an opportunity to be with others who have first hand experience with mental illness.

In addition, our support groups can assist with concrete information about managing symptoms, finding help within the community, and discussing the latest treatments.

Support groups offer a safe space to share experiences and the opportunity to learn from others.

Mental Wellness Centre Family Support

#118 - 246 Martin Street
Penticton, BC
V2A 5K3

Family Support: (250) 488-4895
Main Office: (250) 493-7338
Fax: (250) 493-0690

Email:
familysupport@sosmws.com

OFFICE HOURS

Monday to Friday
10:00AM - 2:00PM
& by appointment



Services are accessible to loved ones of adults with mental illness living in the
South Okanagan-Similkameen

with funding from
Interior Health Authority



South Okanagan Similkameen
Mental Wellness Society

Family Support Groups

*When a loved one has a
mental illness*



**A Reason to HOPE
The Means to COPE**

EVERYONE NEEDS
A LITTLE SUPPORT
NOW AND THEN

Our Support Groups offer:

- ♥ A better understanding of mental illness
- ♥ Lessening of the stress family members often experience
- ♥ Improving the ability to cope with mental illness
- ♥ An opportunity to meet with other family members
- ♥ Help with accessing services
- ♥ Developing links among families and other community resources
- ♥ Confidential sharing
- ♥ A place to hear and share new coping strategies
- ♥ Socialization

**FAMILY SUPPORT
GROUP SCHEDULE:**

In-Person Family Support Group

When: Weekly on Mondays

Time: 12:00PM-1:00PM

Location: Mental Wellness Centre

Online Family Support Group

When: 1st & 3rd Thursday each month

Time: 6:30PM-7:30PM

Location: Zoom



To learn more about our family support programs or to register, call our Family Support Worker at (250) 488-4895 or email familysupport@sosmws.com

Looking for More Free Education & Support?

We also offer:

One-on-One Family Support
Strengthening Families Together
Kids in Control
Teens in Control



Visit our Website:

www.sosmws.com

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www.facebook.com/SOSMentalWellnessCentre

Follow us on Instagram:

@SOSMentalWellness

Join our Mailing List:

Email info@sosmws.com to sign up and receive information about all of our upcoming programs and events!