

Mental Health & Substance Use

Family Support Group

WHEN: 1st and 3rd WEDNESDAYS of each month, 6-8pm

WHERE: 2079 Columbia Ave., Trail (Trail FAIR Society Building)

Family support groups offer a safe and supportive space for family members and friends to share, ask questions, and connect with others who are supporting loved ones with mental health and/or substance use challenges.

****Group offered in-person and through Zoom. Please email or call Lisa by 12:00pm the day before group to sign up. Short term support can also be scheduled between groups.**



Offered by Trail FAIR Society and the Mental Health & Substance Use Consumer, Family, and Peer Support program

A program that works to enhance the quality of life and services for people with mental health and/or substance use issues and their families.

Facilitators

Lisa Melenka, Program Coordinator

Sheila Dudek, Program Assistant

Mental Health & Substance Use Consumer, Family, and Peer Support program

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