

Is someone you love struggling?
We listen. We understand.
We are here for you.

Our Mission

The Family Resource Centre is committed to serving family members, clients and community members in Kingston and district, in the areas of mental health, mental illness and addiction.

Resources

- Browse through our extensive library of books, DVDs and videos
- Borrow materials to take home or view them on-site (refundable \$5 deposit)
- Call, email or drop in for information about mental health services, other community agencies and support groups
- Peer led groups, programs and courses
- Monthly Newsletter
- Community Mental Health presentations

CONTACT US

Family Resource Centre
385 Princess Street
Kingston, ON K7L 1B9
613-544-2886
frc@amhs-kfla.ca

Website
www.amhs-kfla.ca/services/family-20%resource-centre/

Facebook
www.facebook.com/FamilyResource-CentreAMHSKFLA/



Sponsors & Affiliates



613-544-2886

24/7 Crisis Phone Lines

Kingston & Frontenac
613.544.4229

Lennox & Addington
613.354.7388

Walk-in Crisis Services

385 Princess St., Kingston
Mon-Fri 8:30am - 4:30pm

70 Dundas St E., Napanee
Mon-Fri 8:30am - 4:30pm

Mobile Crisis Team

Kingston & Frontenac
Mon-Fri 8am to Midnight
Fri/Sat Noon to Midnight

Lennox & Addington
Mon-Fri 8:30am to 8pm

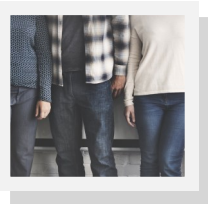
MILLENNIAL

MOOD DISORDERS PEER SUPPORT GROUP FOR MILLENNIALS

Do you live with bipolar, anxiety or depression? You are not alone.

We are an innovative support network for young adults, with the primary diagnosis of a mood disorder.

FREE to attend, our confidential peer support group assists young adults with skills and resources to navigate through the 21st century.



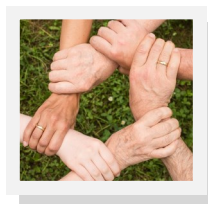
Every Tuesday
5:30pm-7:00pm

ADULT

MOOD DISORDERS PEER SUPPORT GROUP

We are a confidential support group for people who struggle with depression or bipolar disorder.

We provide education and information, and foster self-help within a peer support model. Working with community partners, we encourage individuals to seek or continue professional treatment.



Every Tuesday
7:00pm-9:00pm

FAMILY

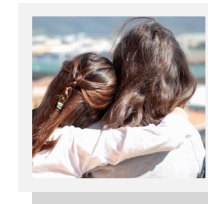
FAMILY SUPPORT GROUP

This group provides a confidential place for family members to share their experiences.

We strive to share ideas, resources and techniques for coping.

We create a safety net of people who can provide assistance and support in time of crisis.

FREE to attend



The 1st & 3rd Monday of
each month (except on
Statutory or Civic Holidays)
6:30pm-8:00pm

Support Groups meet at
AMHS-KFLA 552 Princess Street



NAMI FAMILY-TO-FAMILY EDUCATION

NATIONAL ALLIANCE ON MENTAL ILLNESS www.nami.org

- The Family-to-Family Education Program (F2F) is FREE 11-week series of classes for family members of people who have serious and persistent brain disorders (mental illness).
- Taught by trained family members
- Designed & written by an experienced family member and mental health professional
- Offered twice annually (spring/fall)
- This course balances education/skills training with self-care, emotional support and empowerment
- Open to all caregivers of adults with mental illness. Everyone is a valued participant
- Participants gain vital information, insight and understanding of their loved one that many describe as life changing

SPOUSAL

BY MY SIDE-PARTNER/ SPOUSAL PEER SUPPORT

Do you have a partner or spouse who lives with mental illness and/or addiction? We're here to offer peer-to-peer support. Contact us to be matched with one of our peer volunteers and set up a meeting time and location that works for you.

Re-launch program Fall 2018.

