







Do you have a family member or friend with mental illness? *You are not alone*.

Terrrace Virtual or In-Person Family Support Group

EVERY 3rd TUESDAY OF THE MONTH 6:00 - 7:30 PM PST | In-Person & Online via Zoom



Terrace; Thornhill; Kitsumkalum; Kitselas Territories; Nass Valley: Gitlaxt'aamiks, Gitwinksihlkw, Laxgalts'ap, Gingolx; Kitimat; Kitimaat Village; Prince Rupert; Haida Gwaii; Bulkley Valley

*Group runs all months <u>except</u> July and August

For more information, contact

Stephanie Gardner

Northwest Regional Educator 250-922-5178 terrace@bcss.org

Reneé Morven

Prince Rupert Regional Educator 250-600-0164 princerupert@bcss.org



To visit www.bcss.org



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Prince Rupert Virtual or In-Person Family Support Group

Every 3rd Tuesday of the month 6:00 to 7:30 PM PST

Held online via Zoom or in-person at 330 3rd Ave West (Room 206)

*Group runs all months <u>except</u> July and August



Prince Rupert, Port Edward, Lax Kw'alaams, Kitkatla, Metlakatla (BC), Hartley Bay, Haida Gwaii, Terrace, and Bulkley Valley

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Northwest Virtual Family Support Group

EVERY 3rd TUESDAY OF THE MONTH 6:00 - 7:30 PM PST | Online via Zoom



Open to families based in

Stewart, Dease Lake, Hazelton, Kitwanga, Witset, Gitsegukla, Smithers, Houston, Terrace, Prince Rupert, Haida Gwaii, Gaw Tlagée, Old Massett, Village of Masset, Taaw Tldáaw, Tow Hill, HlGaagilda, Skidegate, K'il Kun, Sandspit, Tll.aal, Tlell, Daajing Giids, Gamadiiś, Port Clements, and Bulkley Valley

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