



OBAD FAMILY PEER SUPPORT MEETINGS



The support group meetings are facilitated every two weeks. This open group consists of loved ones who are supporting a family member who is living with Bipolar Disorder.

The meetings focus on:

- Providing a safe and non-judgmental environment
- Offering support, compassion and empathy
- Increasing awareness of Calgary mental health services
- Creating greater opportunities for mental health advocacy

INFORMATION ON MEETING DATES AND LOCATIONS

Please contact Kaj,
group facilitator:
Phone: 403-263-7408
Email: obad@shaw.ca

Website: obad.ca