

# Caring for your Mental Health Princeton Groups and Resources

## **Family Support Group – Penticton Mental Wellness Centre**

When: Mondays 12:00pm to 1:00pm

Where: via Zoom

Contact: familysbcss@gmail.com

NOTE: Suitable for family and friends of those affected by mental illness

## **Women’s Mental Health Group- Baptist Church**

When: Wednesdays 10:00am & 7:00pm

Where: via Zoom

Contact: Rhianfa Riel 250-295-5409 or The Baptist Church 250-295-7752

NOTE: Non-denominational, everyone welcome, to learn more about the program

<http://mentalhealthgracealliance.org/peerlivinggracegroup/>

## **Peer Support Program - based out of Penticton; will provide telephone support**

Referrals can be made by calling 250-493-7338

## **NA Meetings**

When: Meets every Sunday from 6:30-7:30pm

Where: New Hope Church – 165 Vermillion Ave – front door

Contact: Stacey Van Skiver 250-295-2459

## **AA Meetings**

When: Meets Tuesdays and Thursdays at 7:30pm

Where: Princeton Baptist Church

Contact: Dawn 250-295-5334

When: Meetings every Saturday at 7:00pm

Where: Tulameen Community Hall

Contact: Stacey Van Skiver 250-295-2459