

## **Supporting Parents' mental health to better support their family's mental health**

Some new updates and programs:

Canadian Mental Health Association: Peer Support: <https://mbwpg.cmha.ca/programs-services/peer-support/>

Anxiety Disorders of Manitoba Support Line : <http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

Mood Disorders Association of Manitoba – Several On Line Support Groups : <http://www.mooddordersmanitoba.ca/>