

#iSupport



Growing up the child or sibling of a family member struggling with mental health can make for a much different experience than that of our friends.

The frustration that comes from feelings of anger, shame, and guilt can be overwhelming, and not having a safe place to talk about it can make it even harder. Let's create a place where it can be about us, to celebrate our strengths and work on our weaknesses. Let's take some time away from the chaos, to give ourselves the attention that EVERY PERSON DESERVES.

#MissionStatement

#iSupport is a support group for youth who are assisting a family member in the fight for mental health recovery. We provide an opportunity to share feelings, voice concerns, and ask questions to other kids in similar situations. In this group, we focus on OUR needs and taking time for OURSELVES. This is a safe place to celebrate our accomplishments, be stress free, and find support from peers who understand.

#Goals

- To develop and expand our understanding of empathy.
- To be able to freely express concerns, emotions, and ask questions in a judgement free zone.
- To recognize that our personal health and well being are just as important as that of our family members.
- To develop self-care management skills.
- To engage in different activities outside of everyday stressors in order to avoid burnout.
- To learn how to take back our power in the aspects of our life that are within our control.
- To recognize and utilize the strength in honesty, openness, and the understanding of our peers.



What is Empathy?

- The ability to understand and share the feelings of another.

What is Burn-out?

- A state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress.
- Burnout occurs when you feel overwhelmed and unable to meet constant demands.

What is Self-care?

- Provided "for you, by you"
- Identifying your own needs and taking the steps necessary to meet them.
- Treating yourself as kindly as you treat others.

Location:

Mental Health Association in Putnam County
1620 Rt. 22, Brewster, NY 10509

Program Days/Hours:

Saturdays
4:00-6:30

Contact Information:

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<https://www.facebook.com/iSupportFamilySupport/>

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