



 MomsStopTheHarm  
 @momsstoptheharm  
 momsstoptheharm  
[www.momsstoptheharm.com](http://www.momsstoptheharm.com)

Dear Moms Stop The Harm Members,

We are excited to share with you that Moms Stop The Harm has received funding to launch **Stronger Together Canada!** A formal public announcement will be released soon but we wanted to share this news of our Family Peer Support Groups with our members now. This is a 2-year project funded by Health Canada Substance Use and Addictions Program, we are so grateful to have received this opportunity and to be recognized as a partner in creating strength, change and overall positive impact for families across Canada. MSTH has been acknowledged as a trustworthy, successful, and compassionate organization dedicated to supporting families and advocating for better drug policies.

We will be establishing 15 Healing Hearts groups for families who have lost a loved one to substance use related causes, as well as 15 Holding Hope groups for families who have a loved one living with problematic substance use, in addition to our already established groups.

Some of you maybe familiar with MSTH Stronger Together BC, they were able to launch last year due to receiving provincial funding and now this year we are able to expand with Stronger Together Canada and reach Canadians from coast to coast. Both Stronger Together projects key elements include:

- Engagement of families with lived experience who are interested in starting a support group in their community.
- Training and ongoing development of MSTH Members to become Healing Hearts or Holding Hope group facilitators. Each group will be open to community members to attend but will be led by a MSTH member.
- Development of resources and toolkits to ensure each facilitator and group are set up for success with a strong support system.
- Development of an evidence base of the impact of substance use and grief on Canadian families.
- Connecting with Indigenous and other such community demographics to offer both of these peer support groups with additional components to respect cultural practices.

**We would like to invite you to be part of the Stronger Together Canada project!**

We ask that you take our short survey, it is personal but anonymous and will help us better understand how members are managing, what needs are being met in your community and what



Facebook: MomsStopTheHarm  
Twitter: @momsstoptheharm  
Instagram: momsstoptheharm  
Website: [www.momsstoptheharm.com](http://www.momsstoptheharm.com)

needs are yet to be fulfilled. Your feedback will also help us improve upon our support initiatives as well as let us know who would be interested in becoming a group facilitator or participating with a group.

Under the Support tab on the [www.momsstoptheharm.com](http://www.momsstoptheharm.com) page you can access more details and a link to the Healing Hearts webpage and soon to be launched and listed there will be the new Holding Hope webpage. We will let you know as soon as it is published. These webpages will help you source existing Healing Hearts and Holding Hope groups, understand what to expect when attending a group and much more including how to contact us to establish a group in your community. We understand and respect that everyone is at different stages of their experience and comfort level to participate, know that we are just a message away to help. There is no commitment required, we just want to connect with you to know how we can better help.

#### Survey Link

[MSTH STCA - Family Experience Survey](#)

Thank you in advance, your participation is greatly appreciated!  
Please let us know if you have questions, comments or want to start a support group.

Sincerely,

Tyla Savard  
Stronger Together Canada Coordinator  
[StrongerTogetherCanada@MomsStopTheHarm.com](mailto:StrongerTogetherCanada@MomsStopTheHarm.com)

Antoinette Gravel-Ouellette  
Stronger Together Canada Training Consultant  
[Antoinette.STCA@MomsStopTheHarm.ca](mailto:Antoinette.STCA@MomsStopTheHarm.ca)