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Family Caregivers Unite!
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September 2nd 2014: Online Support for Family Caregivers Caring for Mental Health Challenges

Krista MacKinnon, a mental health specialist, developed and runs an online support and education community called FamiliesHealingTogether.Com. She describes her life and career, her community 'Families Healing Together, and the online services she provides. She explains challenges that mental health issues create for individuals and their family caregivers. She explains what recovery means for individuals who experience the mental health issues, and what recovery implies for their family caregivers. She highlights the types of face-to-face and on-line supports she provides for recovery from me

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Featured Guest



Krista MacKinnon

Krista MacKinnon is a mental health specialist in the capacities of family counselling, peer support, mental health recovery education, curriculum development, group facilitation and community organizing; both online and also face-to-face.

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