



FAMILY SUPPORT GROUPS for Families Dealing with Mental Illness

**Monthly evening support groups
for family and friends of those with serious mental illnesses,
including Depression, Bipolar disorder,
Schizophrenia, Anxiety disorders and others.**

Facilitated by trained family members
who themselves have an ill relative and
the experience of working with the system.

Offered without charge in:

**West Vancouver, Vancouver, Squamish,
Whistler and Port Moody**

To learn more about the support group
in your area please contact:

**Kathryn at 604-926-0856 or email
Kathryn@northshoreschizophrenia.org**

