



FAMILY SUPPORT GROUPS

For Families & Friends dealing with a mental health challenge

Monthly support groups for family and friends of a loved one dealing with a mental health challenge.

(Depression, Bipolar Disorder, Schizophrenia, Anxiety Disorders and PTSD)

- ◆ **Help your family/friend access the help they need.**
- ◆ **Talk to family members in similar situations.**
- ◆ **Facilitated by family members who have an ill relative and the experience of navigating the system.**

Vancouver Group: last Sat. of each month

Tri Cities Group: Second Thursday evening of each month

Squamish Group: Second Thursday of each month

Whistler Group: Fourth Thursday of each month

North Shore: Third Wednesday of each month

To learn more about the support group or to register:

please contact: **604-926-0856** or **email info@pathwayssmi.org**



PATHWAYS FAMILIES
HELPING
FAMILIES
Serious Mental Illness Society