

FAMILIES DEALING WITH MENTAL ILLNESS

February 6 — April 24, 2018

7:00 p.m. to 9:30 p.m. Tuesday evenings

New View Society Clubhouse

2050 Maryhill Rd. Port Coquitlam

TOPICS COVERED INCLUDE:

- Symptoms of the illnesses - bipolar, schizophrenia, clinical depression, anxiety
- Medications and communication
- Problem solving
- Advice on working with the system
- Looking after yourself as a caregiver

OFFERED FREE OF CHARGE!

Register Early! Class size is limited.

**For information and to register call:
Kathryn (604-926-0856) or
Shalene (604-941-3222)**

**Course outline and details:
[www.northshoreschizophrenia.org/
education/family-to-family-course/](http://www.northshoreschizophrenia.org/education/family-to-family-course/)**

Family-to-Family Education An intensive 12-session course



The course is taught by trained family members who themselves have ill relatives and many years' experience dealing with the system. It will be of particular interest to families whose relatives have recent been diagnosed.