

FAMILIES DEALING WITH MENTAL ILLNESS

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

February 6 — April 24, 2018

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

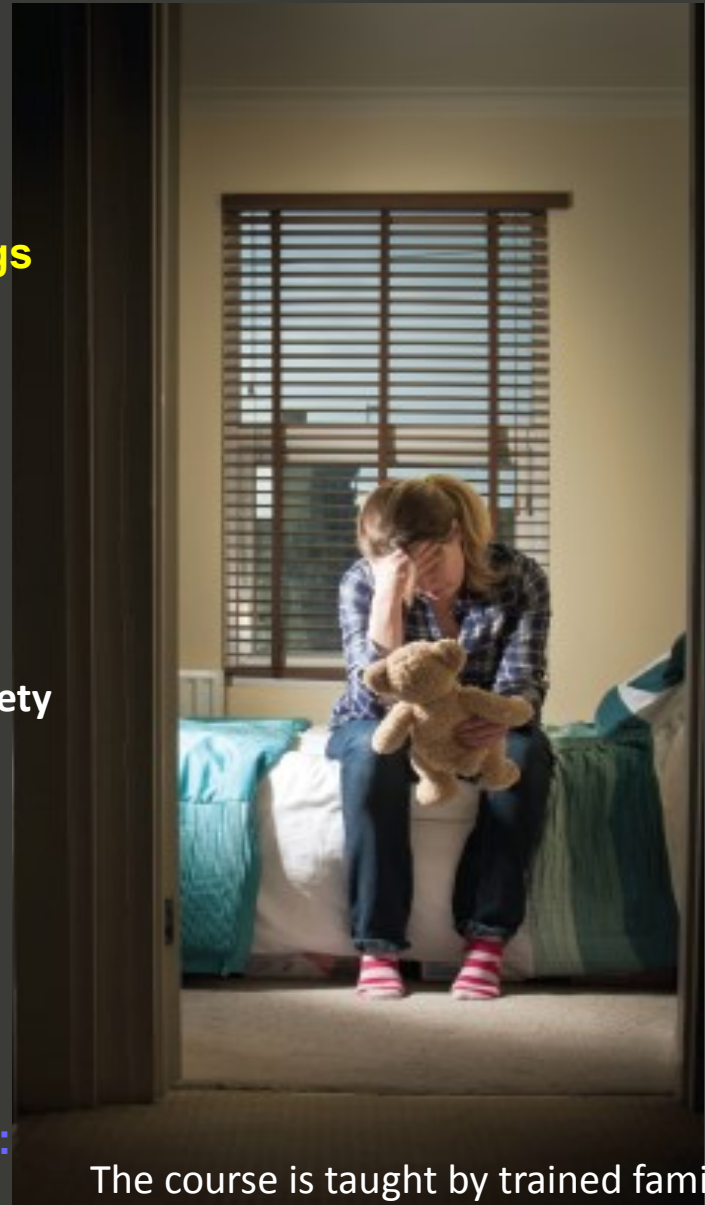
**Sea to Sky Community Services
38024 Fourth Avenue, Squamish**

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

**For information and to register call:
Kathryn (604-926-0856)**

**Course outline and details:
www.northshoreschizophrenia.org/**



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 recently been diagnosed.



Hosted by Pathways—formerly North Shore Schizophrenia Society in partnership with Sea to Sky Community Services

