

# FAMILIES DEALING WITH MENTAL ILLNESS

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

**February 8— April 26, 2018**

**7:00 p.m to 9:30 p.m Thursday evenings**

**Coast Mental Health**

**293 E. 11<sup>th</sup> Ave (at Kingsway)**

## 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)**

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