

EDUCATION FOR FAMILIES DEALING WITH MENTAL ILLNESS

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

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!

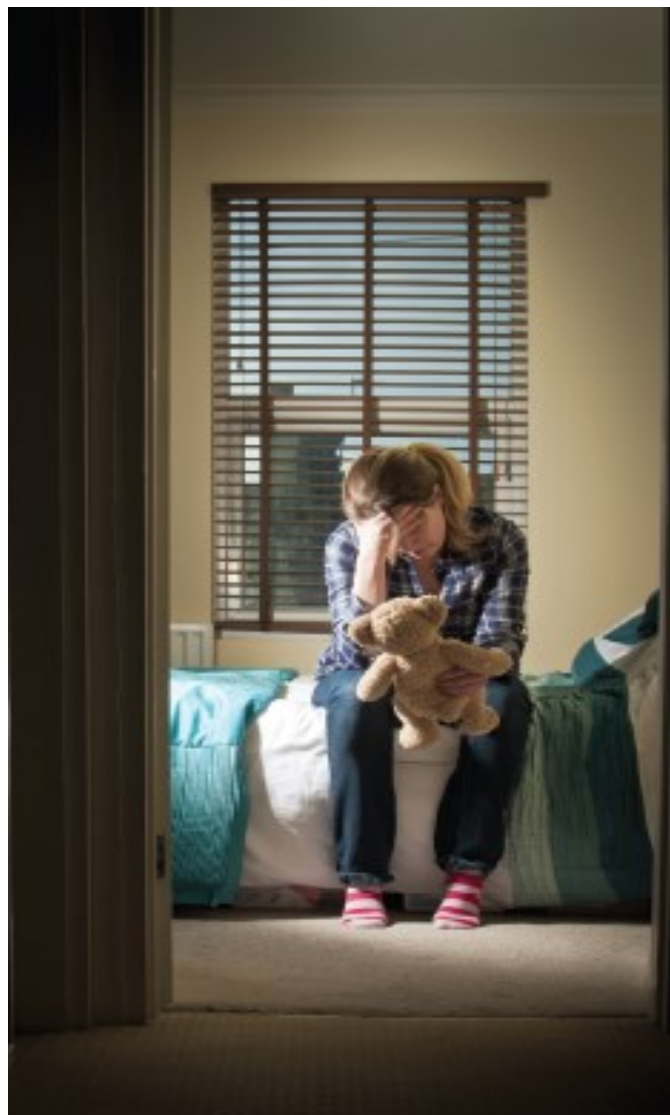
Register Early! Class size is limited.

Sept.20— Dec. 6, 2018

7:00 to 9:30p.m Thursday

Coast Mental Health

293 E. 11th Ave (at Kingsway)



For information and to register call:
604-926-0856

Or Email: info@pathwayssmi.org

Course outline and details:

www.pathwayssmi.org/education/family-to-family-course/

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