



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.

Wed. Sept. 19— Dec. 12th. 7-9:30pm

Coast Mental Health

Pacific Coast Apartments

337 W Pender St., Vancouver, BC



The course is taught by trained family members who themselves have ill relatives and years' experience dealing with the system.

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/