



EDUCATION FOR FAMILIES DEALING WITH MENTAL ILLNESS

An intensive **12-week** course on mental illness for families.

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.

**OFFERED IN FOUR LOCATIONS: BEGINNING THE
WEEK OF FEBRUARY 4, 2019 —7PM —9:30PM**

- VANCOUVER—COAST MENTAL HEALTH
- PORT COQUITLAM—NEW VIEW SOCIETY
- NORTH VANCOUVER—NSDRC

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.