



**PATHWAYS** FAMILIES  
HELPING  
FAMILIES  
Serious Mental Illness Society



## FAMILY SUPPORT FOR:

Families & friends supporting a loved one dealing with mental illness.

**Monthly support groups for family and friends of a loved one dealing with a mental health challenge.**

**(Depression, Bipolar Disorder, Schizophrenia, Anxiety Disorders and PTSD)**

- ◆ **Help your family/friend access the support they need.**
- ◆ **Talk to family members in similar situations.**
- ◆ **Facilitated by family members who have an ill relative and the experience of navigating the system.**

- ◆ **Vancouver Group:** last Saturday morning of each month
- ◆ **Tri Cities Group:** Second Thursday evening of each month
- ◆ **Squamish Group:** Second Thursday eve. of each month
- ◆ **North Shore:** Third Wednesday eve. of each month and Third Friday afternoon of each month

To learn more about the support group or to register:

please contact: **604-926-0856** or email **valeska@pathwayssmi.org**

