



12 WEEK EDUCATION COURSE FOR FAMILIES DEALING WITH MENTAL ILLNESS

FAMILY-TO-FAMILY EDUCATION COURSE -12 MODULE SERIES

TOPICS COVERED INCLUDE:

- Bipolar, schizophrenia, depression, anxiety ,concurrent disorders, borderline personality disorder
- Medications and communication
- Problem solving and Self-care for caregivers
- Tips on working within the system

OFFERED FREE OF CHARGE!

Offered in JANUARY and SEPTEMBER

4 LOCATIONS (7:00 PM TO 9:30 PM):

- VANCOUVER
- PORT COQUITLAM
- NORTH VANCOUVER
- SQUAMISH (JANUARY ONLY)

Register Early! Class size is limited.

For information and to register:

Call: **604-926-0856**

Email: Valeska@pathwayssmi.org

Website: www.pathwayssmi.org



The course is taught by trained family members, who have a relative struggling with a serious mental illness, and extensive experience navigating the mental health system.