

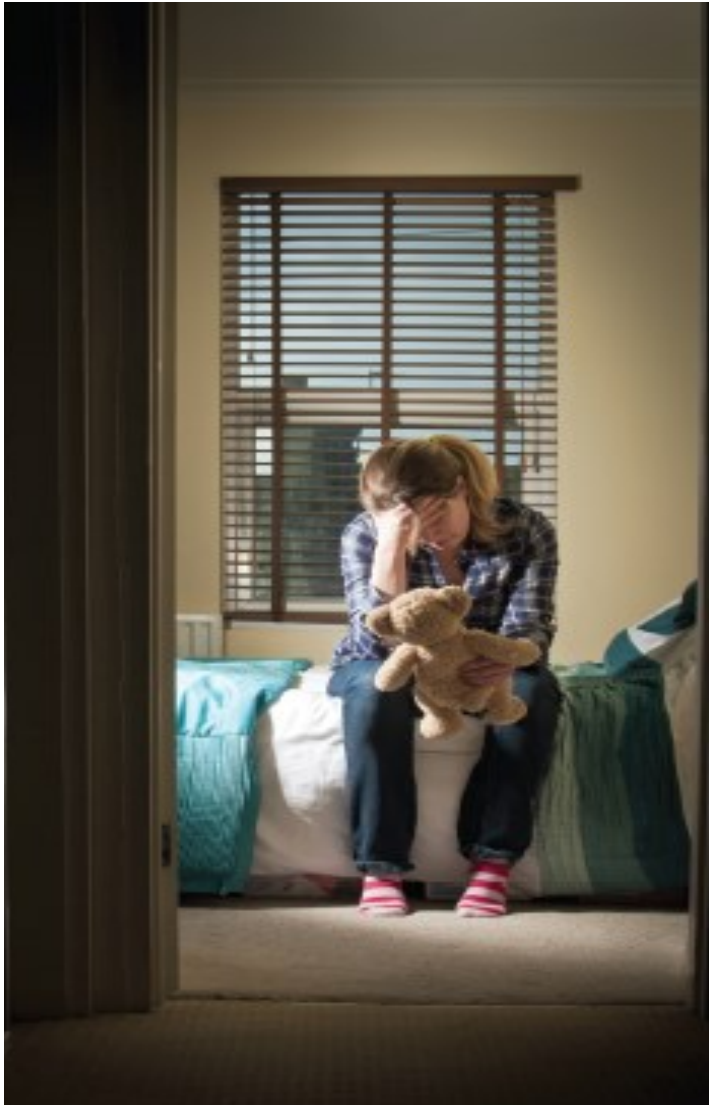


# PATHWAYS

Serious Mental Illness Society

## EDUCATION FOR FAMILIES DEALING WITH MENTAL ILLNESS

### AN INTENSIVE 12-WEEK EDUCATION COURSE ON MENTAL ILLNESS



The course is taught by trained family members who themselves have ill relatives and years' of experience navigating health systems.

#### 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.

Begins the week of Feb. 4th. 7-9:30pm:

- Port Coquitlam
- Vancouver
- North Vancouver
- Squamish

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

Or Email: [info@pathwayssmi.org](mailto:info@pathwayssmi.org)

Course outline and details:

[www.pathwayssmi.org/education/family-to-family-course/](http://www.pathwayssmi.org/education/family-to-family-course/)