



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.

2019—7-9:30PM

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/