

FAMILIES DEALING WITH MENTAL ILLNESS

Family-to-Family Education
An intensive 12-session course

February 7 — April 25, 2018

Wednesdays, from 7 p.m. to 9:30 p.m.

**North Shore Disability Resource Centre
3158 Mountain Hwy, North Vancouver**

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!

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

**Course outline and details:
[www.northshoreschizophrenia.org/
education/family-to-family-course/](http://www.northshoreschizophrenia.org/education/family-to-family-course/)**



The course is taught by trained family members who themselves have ill relatives and many years' experience dealing with the system. It will be of particular interest to families whose relatives have recently been diagnosed.



Hosted by Pathways formerly North Shore Schizophrenia Society partnering with NSDRC

