



# PATHWAYS

Serious Mental Illness Society



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

*"The Family to Family course was filled with valuable, trustworthy information that clarified a lot for me. It was laid out in a clear way that helped me better understand my loved one's experiences, empathy and communication, various healing paths, and navigating the labyrinth of medical terms and systems ."*

**Family graduate**

## EDUCATION FOR FAMILIES DEALING WITH MENTAL ILLNESS

### AN INTENSIVE 8-WEEK EDUCATION

#### TOPICS COVERED INCLUDE:

- Schizophrenia, Bipolar Disorder, Clinical Depression, Anxiety and the symptoms
- Medications and communications
- Problem solving
- Advice on working with the system
- Looking after yourself as a caregiver

#### OFFERED FREE OF CHARGE

#### ONLINE OPTION available

Register Early! Class size is limited.

#### CLASSES BEGIN OCTOBER 2020

Evenings—7:00 PM - 9:30 PM

#### TO REGISTER:

EMAIL: [familysupport@pathwayssmi.org](mailto:familysupport@pathwayssmi.org)

PHONE: 604-926-0856

#### COURSE OUTLINE AND DETAILS:

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

