

# Pathways Serious Mental Illness Society

## WHISTLE / SEA to SKY FAMILY SUPPORT GROUPS



**FREE support groups for family and friends  
of a loved one dealing with a mental illness including:  
(Schizophrenia, Depression, Bipolar and Anxiety Disorders and PTSD)**

- ◆ Facilitated by family members who have an ill relative and the experience of navigating the system.
- ◆ Help your family/friend access the support they need.
- ◆ Talk to family members in similar situations.

### **DETAILS:**

**Support groups are held monthly  
via Zoom:**

- First Friday at 12:00 PM
- Second Thursday at 7:00 PM
- Third Thursday at 4:30 PM
- Last Saturday at 10:00 AM

**VISIT:** [https://pathwayssmi.org/  
monthly-support-groups/](https://pathwayssmi.org/monthly-support-groups/)

### **TO REGISTER:**

**Email:**

[Familysupport@pathwayssmi.org](mailto:Familysupport@pathwayssmi.org)

**Call:**

**Sea to Sky: 604-390-0110 or**

**Lower Mainland: 604-926-0856**



  
**PATHWAYS** FAMILIES  
Serious Mental Illness Society HELPING  
FAMILIES