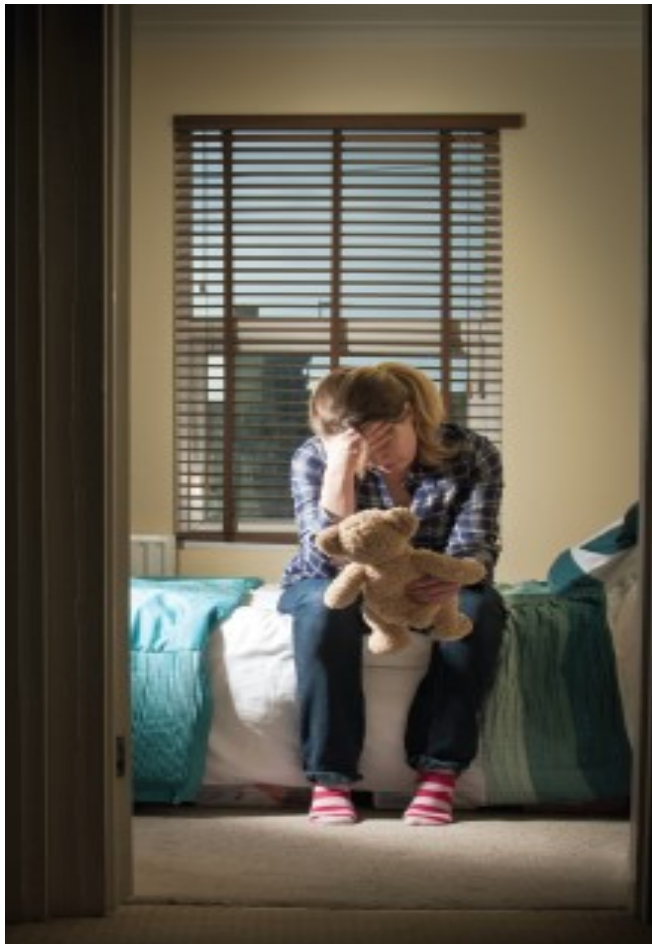




PATHWAYS

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

8-WEEK EDUCATION COURSE ON MENTAL ILLNESS

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

ONLINE COURSE

FREE OF CHARGE

Register Early! Class size is limited.

CLASSES BEGIN OCTOBER 2020

Evenings—7:00 PM - 9:30 PM

TO REGISTER:

www.pathwayssmi.org/education/family-to-family-course/

EMAIL: familysupport@pathwayssmi.org

PHONE: 604-926-0856

