

# -UPCOMING EVENTS-

## Support

Free virtual support groups for family and friends of a loved one dealing with a mental illness.

**First Friday** of the month @ **12:00 PM**

**Second Thursday** of the month @ **7:00 PM**

**Third Thursday** of the month @ **4:30 PM**

**Last Saturday** of the month @ **10:00 AM**

### Monthly Support Groups

#### TO REGISTER:

**O:** Sign Up [Here](#)    **E:** [Familysupport@pathwayssmi.org](mailto:Familysupport@pathwayssmi.org)

For families dealing with mental illness Pathways provides experience in working with the system, and daily support for families and friends.

### One-on-One Support

#### Topics include:

- How to access medical treatment
- Ongoing support
- Communication
- Building empathy

#### FOR SUPPORT:

**T:**604-926-0856    **E:** [Familysupport@pathwayssmi.org](mailto:Familysupport@pathwayssmi.org)

## Education

This 8 week free education course is one of Pathways most sought-after programs, taught by trained family members who have ill relatives and years of experience navigating health systems.

### Family-to- Family Course

**Upcoming:** Spring 2021

#### TO REGISTER:

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Ask questions and get answers directly from experts and service providers on a wide range of topics covering all serious mental illness hosted virtually.

### Public Lecture Series

**Upcoming:** Wills & Estate Planning Workshop (Dec 1st and 10th 2020)

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