

Schizophrenia, Bipolar Disorder, Borderline Personality Disorder, Depression, Anxiety Disorders, PTSD, Concurrent Disorders and Others

FAMILY-TO-FAMILY

EDUCATION COURSE

8 WEEKS STARTING **MARCH 28, 2023** | TUESDAYS **6:00-8:30PM** | **ONLINE** | **FREE**



Caring for a loved one with serious mental illness? We're here with you.

- Info on mental illnesses
- Navigating the B.C. mental health system
- Compassion-centered communication
- Handling a crisis
- Advocating for care
- Managing the emotions and self-care

Join a community of family members on the same path.

