

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

FAMILY-TO-FAMILY

SERIOUS MENTAL ILLNESS EDUCATION COURSE

8 WEEKS STARTING MARCH 2024 | ONLINE & IN PERSON | 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.

