



**NORTH SHORE  
SCHIZOPHRENIA  
SOCIETY**

## MEMBERSHIP FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work/Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**CHEQUE** enclosed for annual dues

April 1 to March 31      \$ 20.00

Plus (optional) donation    \$ \_\_\_\_\_

TOTAL      \$ \_\_\_\_\_

**WE APPRECIATE YOUR SUPPORT**

*A tax receipt will be issued  
for the total amount.*

Please mail this completed form with  
your cheque to:

North Shore Schizophrenia Society  
205 – 1865 Marine Drive  
West Vancouver BC V7V 1J7

# Family Support Centre

operated by the North Shore  
Schizophrenia Society

**205 - 1865 Marine Drive  
West Vancouver BC**

is available for information  
and support weekdays  
9 a.m. to 5 p.m.  
(or by appointment)

**604-926-0856**

**info@northshoreschizophrenia.org  
www.northshoreschizophrenia.org**

**Squamish: 604-898-9372**

**Whistler: 604-932-7543**

We gratefully acknowledge the financial assistance of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Lynn Valley, Capilano, and Mt. Seymour Lions Clubs; Soroptimist International of North and West Vancouver; West Vancouver Community Foundation; Royal Canadian Legion; North Shore Credit Union; and our many other generous donors.

**An intensive  
education program  
for family members of the  
seriously mentally ill**

Schizophrenia, Bipolar Disorder,  
Depression, Anxiety Disorders and others

# FAMILY- TO- FAMILY

Offered in West Vancouver  
and Squamish

To register or for  
more information:  
**604-926-0856**

*presented by*



**NORTH SHORE  
SCHIZOPHRENIA  
SOCIETY**

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# Family-to-Family is...

- a comprehensive program covering everything from symptoms and medications to handling crises and coping with emotional overload
- accessible and interactive, with special workshops for problem-solving, listening, and communication skills
- taught by trained family members
- offered free of charge
- a key step for family members to gain the understanding and know-how they need to move forward

## Comments from participants

- *It was a revelation. It was the most beneficial time I believe I have ever spent. I actually discovered that I had much to learn about mental illness. I began to understand what might be going on inside our son, not just what I was feeling. My anger finally gave way to compassion...take the Family-to-Family Course, it will change your lives.*
- *I didn't want to go at the beginning, as I thought it was too time-consuming in my hectic life. I was WRONG, VERY WRONG. I would recommend it to all who have a loved one with mental illness in their family.*
- *It gave me insight into my daughter's illness and information I have been desperate to find for a number of years. Why didn't someone tell me about this course years ago?*

# Family-to-Family Curriculum

**The Family-to-Family education course consists of twelve classes held once a week for two and a half hours with a short break.**

## **Class 1 Introduction**

Special features of the course; learning about the normative stages of our emotional reactions to the trauma of mental illness; our belief system and principles; your goals for your family member with mental illness; understanding illness symptoms as a “double-edged sword”.

## **Class 2 Schizophrenia, Major Depression, Mania, Schizoaffective Disorder**

Diagnostic criteria, characteristic features of psychotic illnesses; Q&A about getting through the critical periods in mental illness; keeping a Crisis File.

## **Class 3 Mood Disorders and Anxiety Disorders**

Types and sub-types of depression and bipolar disorder; causes of mood disorders; diagnostic criteria for panic disorder and obsessive-compulsive disorder; telling our stories.

## **Class 4 Basics About the Brain**

Functions of key brain areas; research on functional and structural brain abnormalities in the major mental illnesses; chemical messengers in the brain; genetic research; infectious and developmental “second hits” which may cause mental illness; the biology of recovery.

## **Class 5 Problem Solving Skills Workshop**

How to define a problem; sharing our problem statements; solving the problem; setting limits.

## **Class 6 Medication Review**

How medications work; basic psychopharmacology of schizophrenia; the mood disorders and anxiety disorders; medication side effects; key treatment issues; stages of adherence to medications; early warning signs of relapse.

## **Class 7 Inside Mental Illness**

Understanding the subjective experience of coping with a brain disorder; problems in maintaining self-esteem and positive identity; gaining empathy for the psychological struggle to protect ones integrity in mental illness.

## **Class 8 Communication Skills Workshop**

How illness interferes with the capacity to communicate; learning to be clear; how to respond when the topic is loaded; talking to the person behind the symptoms of mental illness.

## **Class 9 Self-care**

Learning about the family burden; sharing in relatives self-help groups; handling negative feelings of anger, entrapment, guilt and grief; how to balance our lives.

## **Class 10 The Vision and Potential of Recovery**

Learning about key principles of rehabilitation and model programs of community support; a first-person account of recovery.

## **Class 11 Advocacy**

Challenging the power of stigma in our lives; learning how to change the system; NSSS advocacy work; meet a NSSS advocate.

## **Class 12 Review, Sharing and Evaluation**

Graduation; ceremony; party!

Class size is limited and pre-registration is required.  
Please contact the Family Support Centre at 604-926-0856 for details.