



One-to-One PEER FAMILY SUPPORT for Families Dealing with Mental Illness

The Family Support Centre offers ongoing one-to-one peer support for family and friends of those with serious mental illnesses, including Depression, Bipolar disorder, Schizophrenia, Anxiety disorders and others.

Kathryn Seely, Family Navigator and peer family members, who themselves have an ill relative, and the experience of working with the system, provide daily support for families and friends. Topics include:

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

For support please call:
Kathryn Seeley at 604-926-0856 or
Email: Kathryn@northshoreschizophrenia.org

