

FAMILIES DEALING WITH MENTAL ILLNESS

Family-to-Family Education An intensive 12-session course

February to April, 2017

7:00 p.m. to 9:30 p.m.

Vancouver

Location: TBD

TOPICS COVERED INCLUDE:

- Symptoms of the illnesses - bipolar, schizophrenia, clinical depression, anxiety
- Medications and communication
- Problem solving
- Advice on working with the system
- Looking after yourself as a caregiver

OFFERED FREE OF CHARGE!

Register Early! Class size is limited.

For information and to register call:
Kathryn (604-926-0856)

Course outline and details:

[www.northshoreschizophrenia.org/
education/family-to-family-course/](http://www.northshoreschizophrenia.org/education/family-to-family-course/)



The course is taught by trained family members who themselves have ill and many years' experience dealing with the system. It will be of particular interest to families whose relatives have recently been diagnosed.



Hosted by North Shore Schizophrenia Society
in partnership with Coast Mental Health
Funding provided by: Vancouver Foundation

