



Family Education Series

Spring 2010

March 25 – May 13, 2010

***For Families and Friends Whose Loved One
has a Serious Mental Health Issue***

Every Thursday, 6:30 – 8:30 p.m.
Hazelglen (Execulink Building)
236 Victoria St. North, Kitchener

TOPICS

- * Current Knowledge about Mental Health
- * Understanding and Coping with Mental Health Issues
- * Recovery -Wellness Planning & Crisis Prevention
- * Community Resources
- * Communication Approaches
- * Treatment Options / Medication
- * Legal Issues and the Mental Health Act
- * Substance Use
- * Prejudice and Stigma
- * Supporting Recovery & Hope
- * Taking Care of Yourself

PRE-REGISTRATION REQUIRED
Please plan to attend all eight sessions
FREE OF CHARGE

For Information and Session Registration Contact:

Marion Mills 519-749-4300 ext.3606
Laura McShane 1-866-448-1603 ext. 224

Sponsored by:



**CANADIAN MENTAL
HEALTH ASSOCIATION**

Grand River Branch

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