



Family Education Series Fall 2011 *Sept. 22- Nov. 10, 2011*

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

**Every Thursday Sept. 22- Nov. 10
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
- * Crisis Planning
- * Treatment Options
- * Substance Use
- * Legal Issues
- * Community Resources
- * Supporting Recovery
- * Taking Care of Yourself

PRE-REGISTRATION REQUIRED

Please plan to attend all eight sessions

FREE OF CHARGE

For Information and Session Registration, Contact:

Glenn Walker 519- 749-4300 ext. 3729
Laura McShane 1-866-448-1603 ext. 224

Sponsored by:



**CANADIAN MENTAL
HEALTH ASSOCIATION**

Grand River Branch

