



Family Education Series

Fall 2009

October 21-November 25, 2009

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

Every Wednesday, October 21-November 25, 2009

6:30 – 8:30 p.m.

**Boardroom, Canadian Mental Health Association
Centre for Mental Health: 9 Wellington St., Cambridge**

TOPICS

- * Current Knowledge about Mental Health Issues
- * Understanding and Coping with Mental Health Issues
- * Treatment Options
- * Substance Use
- * Legal Issues
- * Recovery -Wellness Planning & Crisis Prevention
- * 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:

Mary MacDonald-Young 519- 621-2333 ext. 3308

Laura McShane 1-866-448-1603 ext. 224

Sponsored by:



**CANADIAN MENTAL
HEALTH ASSOCIATION**
Grand River Branch

