



# Family Education Series Fall 2010 Sept. 15-Oct. 20, 2010

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

Every Wednesday - Sept. 15- Oct. 20, 2010  
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 six sessions  
FREE OF CHARGE

#### *For Information and Session Registration Contact:*

Glenda Lopez                      519- 621-2333 ext. 1376  
Laura McShane                    1-866-448-1603 ext. 224

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CANADIAN MENTAL  
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Grand River Branch

