



Family Education Series Fall 2011

Sept. 28-Nov. 2, 2011

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

**Every Wednesday - Sept. 28- Nov. 2, 2011
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:

Cathy Martin –Hernandez 519- 621-2333 ext. 3329

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

Sponsored by:



**CANADIAN MENTAL
HEALTH ASSOCIATION**

Grand River Branch

