



# *Family Education Series*

## *Fall 2009*

### *September 24 – November 12,* *2009*

***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  
Linda Bender                      1-866-448-1603 ext. 240

***Sponsored by:***



**CANADIAN MENTAL  
HEALTH ASSOCIATION**  

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**Grand River Branch**

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