Family Education Series
Fall 2010
Sept. 23- Nov. 11 , 2010

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

Every Thursday Sept 23- Nov 11
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:

Marion Mills	519- 749-4300 ext. 3606
Laura McShane	1-866-448-1603 ext. 224

Sponsored by

CANADIAN MENTAL HEALTH ASSOCIATION
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