



Hidden Victim/Hidden Healer

**A Healing Process for Families and Friends
of someone with mental illness and/or co-occurring disorder**

Are you a **family member or friend** to someone who has a major mental illness
and/or substance use problem?

Have you ever wondered how to cope with the effects and impact of mental illness?
on you and your family?

Do you often feel alone in the battle of coping as a family member or friend?

*Healing is a process that begins on the inside of each individual.
Come and learn the steps you can take to begin that healing process.*

Meet new friends and find that needed support.

The workshop is offered free to all family members and friends of a person with a mental illness.

**Workshop Offered by the Manitoba Schizophrenia Society
4 Fort Street, Winnipeg, MB
Beginning January 12, 2017 for 10 Weeks
Every Thursday Night from 6:00pm – 8:00pm**

For further information and registration please call Livia at 786-1616

