

“Name That Feeling” Support Group

For Registration Information Call:

Manitoba Schizophrenia Society

Tel. 1-204-786-1616

Fax. 1-204-783-4898

www.mss.mb.ca
info@mss.mb.ca



**Children’s Group: ages 7 - 13
Adolescent groups or individual
appointments on request**

The Manitoba Schizophrenia Society, Inc. is a non-profit community-based mental health self-help organization formed in 1979. It seeks to accomplish the following:

- Offer support and guidance to anyone living with schizophrenia and co-occurring disorders.
- Restore self confidence and overcome the stigma, discrimination and misconceptions surrounding this common biochemical brain disorder.
- Increase awareness and understanding about schizophrenia, and advocate for a recovery focused mental health system.
- Promote research into the causes and treatment of schizophrenia, and its ultimate care.

For information about public presentations, support groups and one-on-one consultations, contact us at **1-204-786-1616**



MANITOBA SCHIZOPHRENIA SOCIETY
A REASON TO HOPE THE MEANS TO COPE

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**For Children who have a
family member with
a mental illness of
any kind**

“What does it feel like to live in a family where Mom, Dad, brother or sister has a mental illness?”

Do I Feel Shame?

Do I Blame Myself?

This Is So Confusing!

Sometimes I Feel Sad!

Sometimes I Feel Angry!

Is This OK????

The challenges that families face when one member has a mental illness can be huge and at times devastating. Imagine how much greater the distress might be for a child or teenager who doesn't really comprehend what's happening yet remains dependent upon the person with mental illness.

A seven-week support group that offers young people the opportunity to discuss their needs and feelings as they relate to living with a family member with a mental illness and how this has affected their lives and home.

Within the support group framework, children will gain strength from the sense of safety as they interact with others who face similar challenges.

Topics Covered by the 7 Sessions:

- Identifying and communicating feelings
- Understanding all about mental illnesses
- How mental illness is treated
- Dealing with societal attitudes of stigma
- Resilience, self-care and self-esteem

Each session lasts approximately 90 minutes.

Using interactive learning activities, discussion, crafts and games, children join together in developing healthy attitudes and coping skills.



Children who have a parent or sibling with a persistent mental illness such as:

- **Major depression**
- **Bipolar illness**
- **Schizophrenia**
- **Schizoaffective disorder**
- **Anxiety disorder or phobia**

This program is designed to provide the tools and coping skills that will promote resiliency for those children who are deemed to be at risk.