

# Strengthening Families Together



## Helping Canadians Live with Mental Illness

This 4-session national education program for family members and friends of individuals living with and recovering from serious mental illness aims to increase accessibility to Canadian-based information on the topics associated with living daily with a mental illness.

### The Program Outline

Session 1 > Introduction to Mental Illness and the Strengthening Families Program  
Facts about Psychosis (Causes & Treatments)

Session 2 > Coping as a Family and Self Care

Session 3 > Communication and Living with Psychosis

Session 4 > Understanding the Mental Health system, Advocacy and  
Recovery with guest speaker

**This 4 week workshop will run each Tuesday evening  
starting March 07, 2017 – 6pm to 8pm  
at the Manitoba Schizophrenia Society  
100-4 Fort Street, Winnipeg**

*For further information and registration  
Please call 204-786-1616*



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**A REASON TO HOPE. THE MEANS TO COPE.**