

8 STAGES of HEALING

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.

This 10 week workshop is FREE & will run each Thursday

7:00 pm to 9:00 pm

Starting Thursday, March 4, 2010



***For details & registration call
The Manitoba Schizophrenia Society at 786-1616***