

STRENGTHENING *families* TOGETHER

This 6 week 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

Session 4

Living with Psychosis

Session 5

Recovery

Session 6

Advocacy and the Mental Health System



**The next Strengthening Families Together will start
September 20, 2018 from 5:30pm – 8:00pm**

**Manitoba Schizophrenia Society
100-4 Fort Street, Winnipeg, MB R3C 1C4**

For further information and registration please call 204-786-1616