

# FAMILIES DEALING WITH MENTAL ILLNESS

**Family-to-Family Education**  
An intensive 12-session course

**February 6 — April 24, 2018**

**7 p.m. to 9:30 p.m. Tuesday evenings**

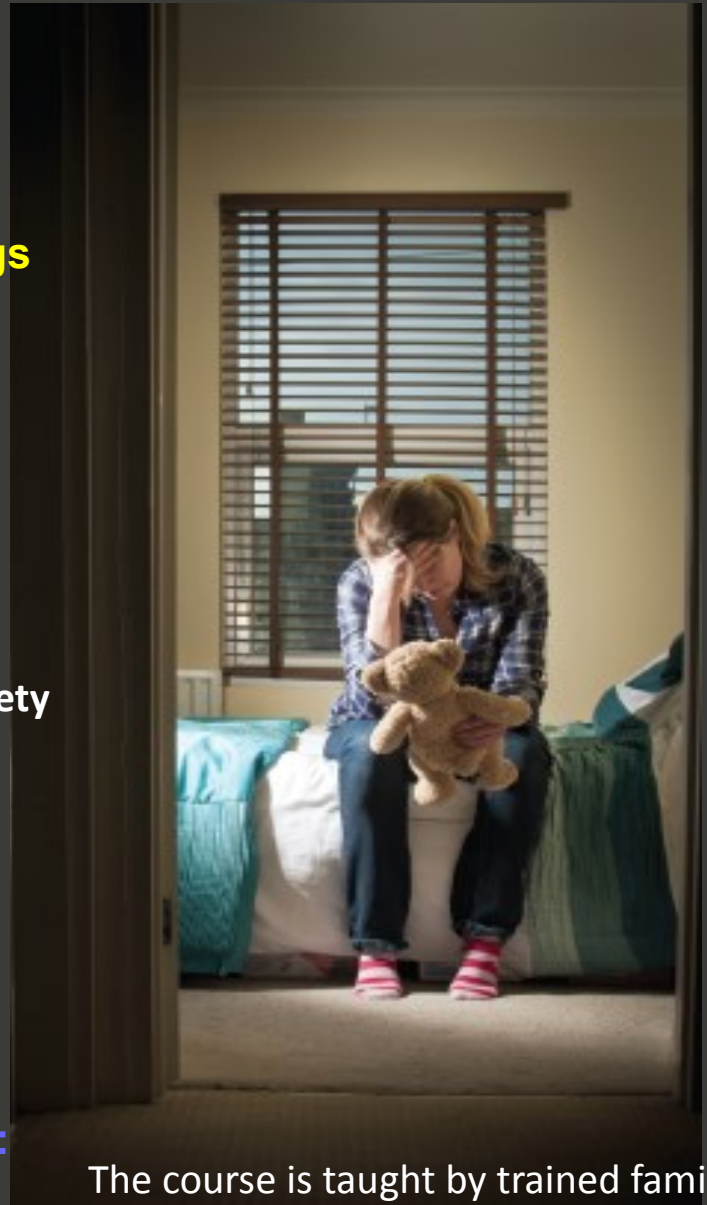
**Sea to Sky Community Services  
38024 Fourth Avenue, Squamish**

## **TOPICS COVERED INCLUDE:**

- Symptoms of the illnesses - bipolar, schizophrenia, clinical depression, anxiety
- Medications and communication
- Problem solving
- Advice on working with the system
- Looking after yourself as a caregiver

**For information and to register call:  
Kathryn (604-926-0856 )**

**Course outline and details:  
[www.northshoreschizophrenia.org/](http://www.northshoreschizophrenia.org/)**



The course is taught by trained family members who themselves have ill relatives and many years' experience dealing with the system. It will be of particular interest to families whose relatives have recently been diagnosed.



Hosted by the North Shore Schizophrenia Society in  
partnership with Sea to Sky Community Services

