## Do YOU have a loved one with a mental illness?





## Family to Family Classes

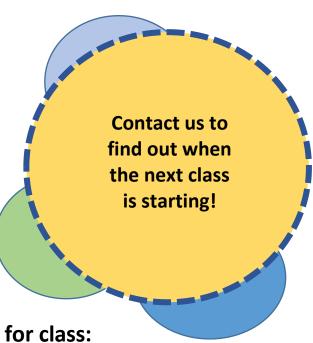
Family to Family is an evidence based, educational program for family members and friends of people living with mental illness.

The class is taught by facilitators who also have lived with this experience.

8 sessions, meet weekly on Saturday mornings.

## **Learn About:**

- Mental health conditions
- Current treatments
- Problem solving and communication skills
- Coping strategies
- Advocating for your family member
- Support and services



For information and to register for class:

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