



*Do you have a relative or friend with a serious mental illness?
Would you like to learn more about his/her illness?*

Strengthening Families Together is a **FREE** 9-week program providing information, skill-building, and support for families and friends.

- ❖ Learn about mental illness, treatment, support, and recovery
- ❖ Learn problem solving, communication, and self-care skills
- ❖ Learn about the mental health system of care
- ❖ Visit www.bcss.org/strengtheningfamilies for a program outline

**NEXT PROGRAMS BEGIN:
(TWO locations to choose from)**

In VANCOUVER (near W16th & Burrard) **beginning MARCH 6th at 6:30pm**

In RICHMOND (near Lansdowne Canada Line) **beginning FEB 21st at 7pm**

Seats are limited. Pre-registration is required.

For more info/register call: 604-727-5997 or email: vanrich@bcss.org

Hosted by the BC Schizophrenia Society