



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY



STRENGTHENING FAMILIES TOGETHER

*Do you have a friend or family member
with mental illness?*

YOU ARE NOT ALONE

FAMILIES HELPING FAMILIES

NORTHWEST REGIONAL EDUCATOR
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THE PROGRAM

“Strengthening Families Together” offers education and support to family members who have a loved one with a mental illness. This 6-week program meets once a week for 2 1/2 hours, during which families learn more about mental illness and the mental health system. They are given an opportunity to develop and practice healthy coping strategies for dealing with some of the difficulties they may be facing.

BENEFITS

Families learn:

- effective communication skills to help handle new challenges
- how to deal with stigma
- how to resist messages of self-blame

Just because someone has a serious brain disorder or mental illness, their families don't stop caring. Often they've become part of their loved one's lifelong support system.

Families have deep reserves of strength. They bring a level of understanding and commitment to learning that can help in the recovery journey of each individual and their entire family.

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