



STRENGTHING FAMILIES TOGETHER

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

YOU ARE NOT ALONE

9 THURSDAY EVENINGS STARTING

JANUARY 27, 2022

7-8:30PM

Online

Zoom meeting

FAMILIES LEARN:

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

TO REGISTER

Sheenagh McMahon
southvi@bcss.org



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

BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY