



SIBLING SUPPORT GROUP

*Do you have a sibling
struggling with mental illness?*

YOU ARE NOT ALONE

Co-facilitated by Regional Educators Heather Megchelsen & Michelle Gallant

TUESDAYS

JANUARY 25

FEBRUARY 22

MARCH 29

7:00-8:30 pm

via Zoom

SESSIONS MAY COVER VARIOUS TOPICS, INCLUDING:

- support and empathy from other siblings
- techniques for improved communication
- how to access community resources, mental health services, and after-hours support

TO REGISTER

HEATHER

250-691-1132 | LAKESDISTRICT@BCSS.ORG



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

BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY