

FAMILY OR FRIEND WITH A MENTAL ILLNESS?



**Five Hills
Health Region**

Healthy People – Healthy Communities

People with a Mental Illness do not live in isolation. Families and friends play a major role in supporting a person with a Mental Illness. Research shows that adults with a chronic illness do better when they have a strong support system.

The Family Education and Support Workshop uses tools developed by Here to Help B.C. It will provide an overview of mental illness and substance abuse, the main features of illness management, basic communication skills and ideas to help families care for themselves.

Scroll down for more information.

To register, please contact 306-690-5970.

Family Education and Support Workshop



Do you have a relative or friend with a mental illness?

Come and learn how to live with and/or support someone with mental illness in their recovery

Five Hills Health Region is hosting the next group

Mondays - February 27 to April 24, 2017

(No groups on the statutory holidays)

From 6pm to 8pm

To register and for further information:

Please contact Fairlie at 306- 690-5970 or

Mental Health Addiction Services Intake at 306-691-6464