

Family Education Series

For family and friends supporting loved ones with mental health issues.

Spring 2020

Topics Include:

- Current Knowledge about Mental Health Issues
- Youth Needs & Resources
- Understanding & Coping with Mental Health Issues
- Communication and Boundary Setting
- Treatment Options
- Substance Use
- Legal Issues
- Recovery - Wellness Planning & Crisis Prevention
- Community Resources
- Supporting Recovery
- Taking Care of Yourself



Please plan to attend all eight sessions.

Free of Charge

Pre-registration Required

WHEN: Every **Tuesday** for 8 weeks - **March 24 - May 12, 2020**
6:30-8:30pm

WHERE: Location – Cambridge Memorial Hospital

For more information and to register, please call:

Laura McShane (519) 744 - 7645 x 3041