

# Family Education Series

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

## Spring 2019

### 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
- TAY – Transitional Aged Youth (Q & A with CMH Psychiatry and Social worker)



### Free of Charge

### Pre-registration Required

**WHEN:** Every **Tuesday** for 8 weeks - **March 19 - May 7, 2019**  
6:30-8:30pm

**WHERE:** Location – Cambridge Memorial Hospital

**For more information and to register, please call:**

Laura McShane (519) 744 - 7645 x 3041

or visit [www.cmh.org/programs/mental-health-services](http://www.cmh.org/programs/mental-health-services)