

KW Family Education Series

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

Spring 2015

Topics Include:

- Current Knowledge about Mental Health Issues
- 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 Wednesday for 8 weeks **March 25th 2015 - May 13th 2015.**
6:30pm - 8:30-pm

WHERE: Canadian Mental Health Association, Waterloo.
Specific address will be given upon registration.

For more information and to register, please call:

Emily Schacht **(519) 749 - 4300 x 3729** or

Laura McShane **(519) 744 - 7645 x 3041**



Canadian Mental
Health Association
Waterloo Wellington Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington Dufferin

GRAND RIVER
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