

Family Education Series - Cambridge & KW

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

Spring & Fall

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: One evening a week for eight weeks from 6:30-8:30pm

WHERE: To be disclosed upon registration

For more information and to register, please call:
Laura McShane (519) 744 - 7645 x 3041



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
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