



FAMILY SUPPORT GROUP

*Do you have a friend or family member
living with mental illness?*

YOU ARE NOT ALONE

FALL MEETINGS

- **Second Wednesday (Zoom) *Sept 15, Oct 13, Nov 10**
- **Fourth Monday (in-person) Sept 27, Oct 25, Nov 22**

6:00 pm - 8:00 pm | Please Pre-Register

**Due to unforeseen scheduling conflict Sept 8th has changed to Sept 15th*

SESSIONS MAY COVER VARIOUS TOPICS, INCLUDING:

- support and empathy from other family members
- techniques for improved communication
- how to access community resources, mental health services, and after-hours support

TO REGISTER

ROSANNE NELSON

250-571-6955

kamloopseducator@bcss.org



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY