



FAMILY SUPPORT GROUP

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

YOU ARE NOT ALONE

2023 GROUPS

- **Last Tuesday of each month, beginning February 28**
- **In-person at 286 Tranquille Road, 2nd Floor, Kamloops**

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

12:00 pm - 2:00 pm | Please Pre-Register

TO REGISTER

SHAUNA MIDDLETON
250-571-6955
thompsonnicola@bcss.org



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

BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY