



Strengthening Families

Together

Helping Canadians Live with Mental Illness

Do you have a relative or friend with a serious mental illness?
Would you like to learn more about his/her illness?

Strengthening Families Together, a 10-session group for families and friends, provides information, skill-building, and support.

You will learn:

- > the different types of mental illnesses
- > the medications and treatments for mental illness
- > how to cope with and support your loved one living with a mental illness

Sessions are FREE

The Schizophrenia Society of Nova Scotia, Kings County Chapter
is hosting the next group.

Sessions Start Soon !

Register today.

Phone 678-8458 or 678-1229