



Mental Health Education Program for Families and Caregivers

This program brings together families, caregivers and friends in a supportive environment with the goal of helping you to:

- **Increase your understanding of mental illnesses, treatment options and effects of medication**
- **Enhance your coping skills & self-care strategies**
- **Understand how you can best support your family member, or friend**
- **Increase your knowledge of community resources**
- **Get connected with people who know what you are going through**

**For more information and/or to register for a group, call
Central Intake at 905-853-8477 or 1- 866-208-5509**



**CANADIAN MENTAL
HEALTH ASSOCIATION**
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE
YORK REGION BRANCH
Serving York Region and South Simcoe



**United Way
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