

## WHO ARE FAMILIES

Families include anyone who cares about a person with a mental health issue. This includes immediate family members such as parents, spouses, siblings, children or friends.

## WORKSHOPS ARE OFFERED IN THE SPRING AND FALL



### CONTACT:

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432 Ellice Ave.  
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### REFERRALS:

Self-Referrals  
Service Providers

ONLINE REGISTRATION AVAILABLE

# Mental Health Education for Families

A Recovery Based Educational Program

## CMHA WINNIPEG REGION OFFERS MENTAL HEALTH EDUCATION FOR FAMILIES



Mental Health Education for Families informs families about important issues concerning mental illness and recovery. The 8 week course fosters awareness about sensitive issues in order to respond effectively.



### IN THIS COURSE, YOU WILL LEARN:

- An overview on mental illness including types, risk factors and myths about mental illness.
- Practical skills to improve your ability to communicate with your family member
- Setting limits and boundaries with family members
- Stress-busting tips and coping skills to enhance your own mental wellness.
- Rights and responsibilities of persons living with a mental illness, family members and professionals.
- How to support your family member through their personal recovery journey and how to get support for yourself, as a family member.

### MAJOR GOALS:

**To** reduce the stigma of mental illness by providing a forum in which to discuss concerns and obtain support from peers.

**To** increase the family's ability to cope with the illness.

**To** inform family members about mental health resources and services in the community.

**To** provide an opportunity to meet with other family members.

**To** learn about the importance of self-care and increase the family's ability to cope with the illness.

**To** teach a recovery-based model for individuals and families.