



MESA FAMILY WORKSHOPS

Mutual: families and professionals working together

Education: learning about mental illness

Support: sharing experiences, strengths, and hopes

Advocacy: speaking up and speaking out for the best treatment, research, and elimination of stigma.

The goal of this twelve week series is to help individuals better understand mental illness. The classes are co-led by a family member and a mental health professional.

Information is provided on the following topics:

- symptoms, causes, and treatment of major mental illnesses
- diagnostic process and medications
- impact of mental illness on the family
- preventing relapse
- recovery
- accessing the mental health system
- effective communication skills
- advocacy information

Classes are appropriate for adults only. The person in the family who has the mental illness does not attend this class.

Registration is required so that adequate materials and meeting space is available. There is no cost to attend.

Call Carolyn at 385-0802 to register

Classes begin February 15, 2012