



FAMILY MENTAL HEALTH RECOVERY SERIES

This education and support series is for family and friends of individuals with lived experience of mental illness. Learn more about mental health recovery and how you can support your relative while taking care of yourself.

UPCOMING SESSIONS: September 27, 2017.
LOCATION/TIME: 200 Van Norman street, 7:00-9:00pm
WORKSHOP FEE: \$75 - includes 10 sessions and materials

Registration Required. For more information, contact: Joanne Otte - (807) 683-4952
CMHA-TB.ON.CA/FAMILYGROUP



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