



MENTAL HEALTH EDUCATION *for Families*

Workshops are offered in the Spring and Fall. For a list of upcoming workshops, go to winnipeg.cmha.ca or call 982-6100.

A recovery based educational program

WHO ARE FAMILIES?

Families include anyone who cares or is concerned about a person with a mental health issue.

This includes immediate family members such as parents, spouses, siblings, children or friends.


REFERRALS

- Self-referrals
- Service Providers

Contact CMHA Manitoba and Winnipeg

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 www.facebook.com/CMHAWinnipeg

 [@wpgmentalhealth](https://twitter.com/wpgmentalhealth)



mbwpg.cmha.ca

Supporting the resilience
and recovery of people
experiencing mental illness.

mbwpg.cmha.ca

The Canadian Mental Health Association, a nation-wide charitable organization, promotes the **mental health of all** and supports the resilience and recovery of people experiencing mental illness.



 Canadian Mental Health Association
Manitoba and Winnipeg
Mental health for all





THIS COURSE PROVIDES

- 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.
- Learn to set 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

- Reduce the stigma of mental illness by providing a forum to discuss concerns and obtain support from peers.
- Increase the family's ability to cope with the illness.
- Inform family members about mental health resources and services in the community.
- Provide an opportunity to meet with other family members.
- Learn 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.

MENTAL HEALTH EDUCATION FOR FAMILIES

Mental Health Education for Families informs families about important issues concerning mental illness and recovery.

The eight week course fosters awareness about sensitive issues in order to respond effectively.

What participants have said...

"This course educated my husband and I about how we can best support our son with his mental illness."

"What I learned in this 8 week course is helping me navigate my child's mental health problem."

"My wife's diagnosis with depression left me feeling confused and afraid. I learned so much in this course and recommend it to everyone."



CMHA Manitoba and Winnipeg has chosen the daisy as a symbol of hope for mental wellness.

