



# Family Education Group

## Topics considered:

- Signs and symptoms of mental illness
- Dealing with Stigma
- Self Care
- How to deal with a crisis and stay safe
- Legal issues
- How to access the basics: food, shelter and funding
- Family dynamics
- Medication
- Ask a Psychiatrist—1 hour with a Psychiatrist to answer your questions
- Addictions
- Dealing with grief and guilt associated with mental health issues
- Recovery

## Group Details:

- The Group runs for approximately 12 weeks
- The Group is held twice per year in the Spring and Fall
- The Group is held in the Sunroom at 147 Delhi Street, Guelph