

# Family Support

- ◆ Are you coping with the mental illness of a family member or loved one?
- ◆ Do you struggle with knowing when to help your loved one?
- ◆ Are you in search of more information about the illness and methods of coping with common situations?
- ◆ Do you want to know how other families cope?

The CMHA of London-Middlesex offers a free 8 week program for families and friends dealing with these and related issues.



## Family Psycho-educational Course

**NEXT PROGRAM STARTS SEPTEMBER 2010**

**Call 519-434-9191 x. 235  
for details and intake to the next course**

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United Way of London & Middlesex

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