



**PATHWAYS** FAMILIES HELPING FAMILIES  
 Serious Mental Illness Society

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work/Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**CHEQUE** enclosed:

Annual dues: \$ 20.00

Plus (optional) donation: \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Or go online to [www.pathwayssmi.org](http://www.pathwayssmi.org)

**WE APPRECIATE YOUR SUPPORT**

*A tax receipt will be issued  
 for the total amount.*

Please mail this completed form with your cheque to:

Pathways Serious Mental Illness Society  
 205 – 1865 Marine Drive  
 West Vancouver BC V7V 1J7



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**205 - 1865 Marine Drive  
 West Vancouver, BC**

For information  
 and support weekdays  
**9:30 a.m. to 4:30 p.m.**  
 (or by appointment)

**604-926-0856**

[info@pathwayssmi.org](mailto:info@pathwayssmi.org)  
[www.pathwayssmi.org](http://www.pathwayssmi.org)

Drop by, call, or email if you would like information on the Family-to-Family education course, one-on-one support, monthly group support, partnership presentations (in schools), or our public education lecture series.

We gratefully acknowledge the financial assistance of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Resort Municipality of Whistler; Lynn Valley, Ambleside Tiddlycove, Mt. Seymour, and Capilano Lions Clubs; Vancouver Foundation; West Vancouver Community Foundation; Community Foundation of Whistler; North Shore Rotary Clubs; Lynn Valley Legion; Bouygues Building Canada; and our many other generous donors.



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**FAMILY-TO-FAMILY EDUCATION**



An intensive  
 education program  
 for family members of the seriously  
 mentally ill

Schizophrenia, Bipolar Disorder,  
 Depression, Anxiety Disorders and others

Offered on the North Shore, in  
 Vancouver, Tri-Cities, Squamish,  
 and the Sunshine Coast

To register or for  
 more information:  
**604-926-0856**

[Info@pathwayssmi.org](mailto:Info@pathwayssmi.org)  
[www.pathwayssmi.org](http://www.pathwayssmi.org)

# Family-to-Family is...

- a comprehensive program covering everything from symptoms and medications to handling crises and coping with emotional overload
- accessible and interactive, with special workshops for problem-solving, listening, and communication skills
- taught by trained family members
- offered free of charge
- a key step for family members to gain the understanding and know-how they need to move forward

## Comments from participants:

- *It was a revelation. It was the most beneficial time I believe I have ever spent. I actually discovered that I had much to learn about mental illness. I began to understand what might be going on inside our son, not just what I was feeling. My anger finally gave way to compassion...take the Family-to-Family Course, it will change your lives.*
- *I didn't want to go at the beginning, as I thought it was too time-consuming in my hectic life. I was WRONG, VERY WRONG. I would recommend it to all who have a loved one with mental illness in their family.*
- *It gave me insight into my daughter's illness and information I have been desperate to find for a number of years. Why didn't someone tell me about this course years ago?*

# Family-to-Family

**The Family-to-Family education course consists of twelve classes held once a week for two and a half hours with a short break.**

## **Class 1 Introduction**

Special features of the course; learning about the normative stages of our emotional reactions to the trauma of mental illness; our belief system and principles; your goals for your family member with mental illness; understanding illness symptoms as a “double-edged sword”.

## **Class 2 Understanding Schizophrenia and Thought Disorders**

Characteristic features of psychotic illnesses; Q&A about getting through the critical periods in mental illness; keeping a Crisis File.

## **Class 3 Mood Disorders, Borderline Personality Disorder, Anxiety Disorders, PTSD, Dual Diagnosis**

Types and subtypes of mood episodes; diagnostic criteria for Borderline Personality Disorder, Panic Disorder, OCD, PTSD; co-occurring brain and addictive disorders; telling our stories.

## **Class 4 Basics About the Brain**

Functions of key brain areas; research on functional and structural brain abnormalities in the major mental illnesses; genetic revolution in biological infectious and neurodevelopmental “second hits” which may cause mental illness; the biology of recovery; individual stages of recovery from brain disorders.

## **Class 5 Problem Solving Skills Workshop**

How to define a problem; sharing our problem statements; solving the problem; setting limits.

# Curriculum

## **Class 6 Medication Review**

How medications work; basic psychopharmacology of the mood disorders, anxiety disorders, and schizophrenia; medication side effects; key treatment issues; stages of adherence to medications; early warning signs of relapse.

## **Class 7 Inside Mental Illness**

Understanding the subjective experience of coping with a brain disorder; problems in maintaining self-esteem and positive identity; gaining empathy for the psychological struggle to protect ones integrity in mental illness.

## **Class 8 Communication Skills Workshop**

How illness interferes with the capacity to communicate; learning to be clear; how to respond when the topic is loaded; talking to the person behind the symptoms of mental illness.

## **Class 9 Self-care**

Learning about the family burden; sharing in relatives self-help groups; handling negative feelings of anger, entrapment, guilt and grief; how to balance our lives.

## **Class 10 The Vision and Potential of Recovery**

Learning about key principles of rehabilitation and model programs of community support; a first-person account of recovery.

## **Class 11 Advocacy**

Challenging the power of stigma in our lives; learning how to change the system; NSSS advocacy work; meet a NSSS advocate.

## **Class 12 Review, Sharing and Evaluation**

Graduation; ceremony; party!

**Class size is limited and pre-registration is required.  
Please contact Pathways at 604-926-0856 for details.**