



A Free Educational Program for Family Members, Partners, and Friends of Individuals with Mental Illness

This 12 session class will provide information about:

- **How to manage crises, solve problems and communicate effectively**
- **Taking care of yourself and managing your stress**
- **Finding and using local supports and services**
- **Up-to-date information on serious mental illness and available treatments**
- **The impact of mental illness on your family**

**All instruction and course materials are free for class participants.
Pre-registration is required.**

Date and Time: Thursdays from 6:30-9:00 pm starting on January 10, 2019.

Location: Jamaica Plain, MA

For more information and to register contact:

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or

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