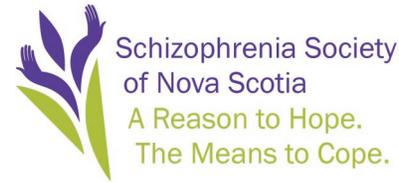


Families Matter Sessions Outline:

- Welcome and Introduction
- Experiences of caring for someone living with mental illness
- Education and information sharing about mental illness, treatment and support
- Education, information sharing (Part 2)
- Communication and practical strategies
- Communication and practical strategies (Part 2)
- Working with mental health professionals and service providers; learning about community resources
- Problem-solving techniques
- Managing crisis and staying well
- Recovery and hope
- Taking Care of Yourself

The average group will run approximately 11 weeks for 2 hours each week.

We support and encourage Families Matter:



To register with Families Matter in Mental Health, or to learn more, connect with your local Mental Health and Addictions Services:

Changing The Way People Think

Mental & Health Foundation
of Nova Scotia

Families Matter in Mental Health:

An Education and Support Program

Do you care for someone living with a mental illness ?

Family Collaboration: Families are an important part of the circle of support



Families Matter in Mental Health is an education and support program for families, friends, of people living with mental illness.

Program Goals

To provide families and friends who support someone with knowledge, communication skills & confidence to deal more effectively in their supportive role.

Program Outcomes

Research shows families experience reduced stress and an improved recovery when they have a better understanding of mental illness and coping skills.

"Attending Families matter has given me permission to feel hurt, angry, disappointed, regretful, isolated and gradually replace those feelings with knowledge, understanding, listening, forgiveness, respect and most of all unconditional love."

Program Overview

- Encourage participants to share experiences in a confidential environment led by professionals
- Facilitation by family members who have been trained to deliver programming
- Focus on learning practical strategies for communicating
- Focus on sharing problem-solving techniques
- Focus on crisis and relapse management
- Inform participants about useful community resources
- Emphasize taking care of oneself while caring for others
- Emphasize recovery and hope
- Discuss special topic sessions to be defined by participants



Daniel McPhee, who is 26 was diagnosed 5 years ago with schizophrenia, and his mother, Betty Saulnier are pictured at the Mental Health Foundation of Nova Scotia's AGM with President & CEO Starr Dobson. Daniel and his mother served as Guest Speakers at the event, discussing their success with both the Family Works and Families Matter in Mental Health Program.

We welcome all family and friends who provide emotional support and/or practical support to someone living with mental illness or with a mental health problem.

This Program is:

- Free of charge
- Confidential
- Designed and co-facilitated by trained family members and mental health professionals
- Adapted to the needs of the participants
- Open to anyone supporting someone with a mental illness or a mental health problem, regardless of their connection with Mental Health and Addictions Services

"It's good to know we are not alone. We have learned so much from other families and from the health care providers. We now know there is hope and we have experienced progress"