

BC Schizophrenia Society Nanaimo Branch

How You Can Help:

- **Make a Donation**
By making a donation, you can help families affected by mental illness, assist them to better cope with their illness, and give additional hope and support.
- **Become a Member**
Our voice is only as powerful as the number of families and friends dedicated to our cause. Help us continue to speak for families by joining the Society today.

BC Schizophrenia Society. Nanaimo Br.
200-1585 Bowen Road
Nanaimo, BC V9S 3B9

Name: _____

Address: _____

City: _____ Prov _____

PC: _____ Tel: _____

Email: _____

Tax Receipts issued for \$25 or more

Donation Gift \$ _____

Branch Membership \$5.00

Please make cheque payable to:

BC Schizophrenia Society, Nanaimo
Branch

THANK YOU FOR YOUR SUPPORT

We gratefully acknowledge
**Nanaimo Mental Health & Substance
Use Services**

for their ongoing financial support
of our branch programs



**Charity BN/Registration
89348 5425 RR 0001**



**HELP AND HOPE
FOR FAMILIES**

10/14

**Mental Illness Family Support
Services
BC Schizophrenia Society
Nanaimo Branch**

200-1585 Bowen Road
Nanaimo, BC V9S 1G4

Tel: 250.753.9923
Email: bcssnanaimo@telus.net
www.bcssnanaimo.org

Mental Illness Family Support Services



Families Supporting Families

Tel : 250.753.9923

bcssnanaimo@telus.net

bcssnanaimo.org



MENTAL ILLNESS FAMILY SUPPORT SERVICES

Our Mission

- We provide education and support to family and friends of those living with **any serious mental illness**.
- Serious mental illnesses include: Schizophrenia, Bipolar Disorder, Major Depression, Anxiety Disorders and Obsessive Compulsive Disorder.

SCHIZOPHRENIA FACTS . . .

- Is a serious, **treatable brain disease** that affects behaviour
- Is caused by a number of different factors; from multiple genetic or environmental factors or from a combination of both
- It afflicts **1 in 100** people worldwide—that's 40,000 people in BC
- Generally strikes young people in the prime of their lives, in their late teens and early adult years
- **Families** are greatly disrupted by schizophrenia and they usually are the primary care providers
- Schizophrenia is no one's fault

SCHIZOPHRENIA IS . . .

- **Twice** as prevalent as Alzheimer's disease
- **5** times as prevalent as Multiple Sclerosis
- **6** times as prevalent as Type 1 Diabetes
- **60** times more prevalent than Muscular Dystrophy

Adapted from J.A. Lieberman: Relative Lifetime Prevalence

PROGRAMS

Strengthening Family Together

Strengthening Families Together Education Program grew out of the strong belief that Canadian families have a right to reliable educational information on serious mental illnesses. The program was developed by the Schizophrenia Society of Canada.

Strengthening Families Together is a free 8-session course for families providing support, awareness and tools for those dealing with a loved one who is living with a mental illness. The program centers on the family learning early intervention and recovery, communication, problem solving, and self-care.

You will learn the different types of mental illnesses, the causes, medication and treatment options, coping techniques, and related mental health information. Guest speakers are brought in from the community.

Facilitators, are trained family members who use a team teaching approach providing a "safe" place for participants to share their stories and experiences (perhaps for the first time) with others who understand their situation.

Courses are offered by the Nanaimo Branch each spring and fall depending on interest expressed. Between courses names are taken for a waiting list for the next available course.

**Education is the movement
from darkness to light**

— Allan Bloom



Family Support Group Meetings

Family support group meetings provide a caring, supportive environment for families and friends who are impacted by mental illness.

The meetings are devoted to sharing stories and sharing ways to cope with mental illness. An informative speaker or a special film on mental health related topics may be arranged with sufficient interest.

Meetings are held the last Thursday of each month September to April from 6:30-9:00 p.m. in the Vancouver Island Health Authority building, 3151 Barons Road.

Partnership Education Presentations

A panel of three guest speakers—a person with a psychiatric diagnosis, a family member, & a mental health professional present to educational institutions, workplaces, clubs & other groups or organizations. By appointment only. FMI: Contact the office.

Resource Materials

Library: Mental Health Books & DVD's
Brochures: Community Mental Health

Public Office Hours: Drop-in
Tuesday and Thursday from 12:30—4

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Related Websites

- BC Schizophrenia Society, Provincial Office
www.bcss.org
- Schizophrenia Society of Canada
www.schizophrenia.ca