



STRENGTHENING FAMILIES TOGETHER

*Do you have a friend or family member living
with mental illness?*

YOU ARE NOT ALONE

EVERY THURSDAY FOR 8 WEEKS

JAN 6 - FEB 24, 2021

6:00 PM - 7:30 PM (PST) 7:00 PM - 8:30 PM (MST)

Joint East Kootenay & Cariboo Region Sessions via Zoom

For more info and to register contact Bonnie or Bree

** Please note the first session will be 2hrs to allow for Zoom review

TO REGISTER

BONNIE SPENCE-VINGE

250-464-5159 | cranbrook@bcss.org

BREE ODD

250-302-9195 | cariboo@bcss.org



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY
BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY