



# FAMILY RECOVERY PROGRAM

*A recovery series designed for caregivers in the London region*

March 29, 2011— May 03, 2011

Tuesdays, from 6:30—8:30 p.m.

Location:  
WOTCH Community Mental Health Services  
534 Queens Avenue  
(at William)  
Attic area  
*(note: This room is not handicapped-accessible)*

To Register:  
519-668-0624 ext. 227 (Sabrina or Trudy)  
Or email: [S.Andrews@wotch.on.ca](mailto:S.Andrews@wotch.on.ca)

WOTCH Community Mental Health Services is a not-for-profit, community-based organization established to provide assistance to individuals living with a serious mental illness.

[www.wotch.org](http://www.wotch.org)

Do you have a family member or friend with a serious mental illness such as:

**Schizophrenia**  
**Major Depression**  
**Bipolar Disorder**  
**Anxiety Disorder**

Would you like to learn more about supporting the **recovery** process of a loved one?

WOTCH Family Support Program is hosting a **FREE** 6-week recovery series for families and friends who are in an informal care-giving role for someone with a serious mental illness.

**Program topics include:**  
Introduction to Mental Health Recovery  
Pathways and Barriers to Recovery  
The Power of Hope  
Role of the Family  
Relationship Building and Communication  
Caregiver Self-Care

For more information, contact:  
Sabrina at 519-668-0624 ext. 227  
Or email: [S.Andrews@wotch.on.ca](mailto:S.Andrews@wotch.on.ca)

*“The goal of recovery is to become the unique, awesome, never-to-be-repeated human being that we are all called to be.”*

*~ Patricia Deegan*