

Jan 2009						
Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Feb 2009						
Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Mar 2009						
Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Apr 2009						
Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2009						
Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Jun 2009						
Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Welcome to the EPI Family Support Group

For family members and friends of
persons experiencing early onset
psychosis

**Schedule:
Jan-Jun09**



**British Columbia
Schizophrenia Society
Victoria Branch**
941 Kings Road
Phone: 384-4225
www.bcsvgvictoria.ca
admin.bcsvg@shaw.ca

Saturday Support Group Meetings Jan to June 2009

Who Attends:

Family members and friends of persons experiencing early onset psychosis. Attendance can be on an informal basis – on the 3rd Saturday of each month. For some participants, involvement may be within the first few months of diagnosis. The main focus is support and self-care for family members. However, participants will also receive information regarding the illness and other related resources

Purpose: Peer support
Education
Problem-solving
Group discussion
Mentoring
Compassion
Hope

How to Join:

Interested participants are identified through the family support programs of BCSS, Victoria Branch or Mental Health Outpatient Services. They need to be screened by Facilitators before attending this program.

*Saturday Support Group:
The 3rd Saturday of each
month
(except May)
Time: 11:30 am – 1:30 pm*

Discussion Topics:

Related to the Family's Perspective

- Symptom management and relapse prevention
- Medications
- Dealing with Crisis
- Substance Use
- Navigating the system and community resources
- Loss/Grieving
- Stigma and myths
- Impact on the Family
- Diagnosis and psychosocial treatment
 - Stress management
 - Self care

Facilitated by:

Hazel Meredith:

Executive Director, BCSS Victoria Branch

Jan Kiraly: Early Psychosis Intervention Program Nurse

"I personally could not have survived the past year without it"
-- a Family Member



About (BCSS) Victoria Branch

Provides:

- Support Groups for Families
- Information & Referral
- Resource Library
- Memorial Fund
- Partnership Presentations
- Strengthening Families Together Education Course
- Short-term Mental Health Family Counselling
- Respite Care Program
- Kids in Control
- Family and Consumer Peer Support
- Special Events

The Early Psychosis Program

Provides:

- Education to the community about psychosis
- Services to people who are experiencing psychosis for the first time such as Diagnostic Work-up
- Case Management
- Medication Management
- Education – individual and family
- Support, coping, stress management
- Relapse Prevention
- Assistance for other needs such as housing, work, school and drug abuse