



JOIN US FOR
FAMILIES
FIRST
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Families First is a free 12-session program for people living with mental illness or substance dependency, their friends and family. The goal of the program is to promote a better understanding of mental illness and substance dependency, reduce family stress and improve individual's well-being through communication. This program will:

- ❖ Teach family members and friends of individuals with a mental illness about symptoms and behavior patterns.
- ❖ Afford family members the opportunity to ask questions about psychiatric disorders and treatment options (medications, therapies, ect.).
- ❖ Reduce the stigma of mental illness and substance dependency by providing a forum to discuss concerns and obtain support from other families.
- ❖ Help family members understand the importance of early intervention for their loved one, as well as open, timely communication with providers.
- ❖ Link family members with supportive opportunities for support both at Community Consultants and with community resources.
- ❖ Help families focus on hope for a better future and better understand how to help their loved ones on their road to recovery.

For more information, please contact:

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