Empathy: “The intimate comprehension of another person’s thoughts and feelings without imposing our own judgement or expectations.”

“Many behaviors of people with mental illness that don’t make sense to their families – refusing medications, rejecting family support and community programs, and even disrupting family life – are often directly related to their struggle to maintain some semblance of dignity and self-respect in the face of stigma, failure and shame.” - NAMI Family-to-Family Education Program 2013

Presented By:

Cheryl Zipper
Cheryl is family member, past President of NSSS, chair of the Family Education Program and Provincial Representative for the National Alliance of Mental Health (NAMI)

Nancy Ford
Nancy is a family member and the Executive Director of NSSS

The society has been serving families on the North Shore for over 20 years. Based on a peer-to-peer model, NSSS offers one-to-one support and ongoing education. NSSS core programs focus on proactive treatment, family involvement and information sharing.

Fri March 18th, 2016.
8am - 9am

Blenz HOpe Café Atrium
HOpe Centre
1337 St. Andrews Avenue,
North Vancouver. V7L 0B8
Coast Salish Territories

Everyone is welcome

Complimentary Breakfast provided by Blenz HOpe Café

Seating Limited
RSVP required

Please RSVP to hopementalhealth@cmha.bc.ca