



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

Family Recovery Journey

Location: Online

Time: 6:30 - 8:30 PM

Cost: Free

What is the Family Recovery Journey?

An educational program of the Schizophrenia Society of Canada that focuses on providing tools for managing the impact of psychosis and other mental illnesses

Who Should Attend?

Family members, friends and caregivers of people who experience psychosis and other mental illnesses.

Schedule	All Sessions are 2 hours
Thursday October 30, 2025	Overview of Psychosis and Schizophrenia
Thursday November 6, 2025	Living with Psychosis and Schizophrenia
Thursday November 13, 2025	Managing Crises
Thursday November 20, 2025	Lived Experience & Recovery
Thursday November 27, 2025	Building Strengths and Going Forward

Phone Maria at: (306) 306-584-0755

Email: maria@schizophrenia.sk.ca

Unable to attend these dates? We offer this class throughout the year!
Contact the above to be put on the waitlist!



**Space is Limited.
Register Today!**