



**Does someone close to you live
with a mental health problem or illness?**

**Families Matter in Mental Health:
An Education and Support Program**

Education ■ Support ■ Coping Strategies for Families and Friends

**Thursdays January 19, 2017 – Mar 30, 2017
2 - 4 pm**

**Alderney Gate Public Library
60 Alderney Drive, Dartmouth**

**To register call Brad Rowe at Healthy Minds Cooperative,
(902) 404-3504 x 201 or email: hmnavigator@eastlink.ca**

Mental & Health
Foundation
of Nova Scotia

... Building a partnership for care

