

Early Psychosis **FAMILY SUPPORT** *Group*

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*From people who have been
there!*



**Nova Scotia Early Psychosis Program Family Support Group
Capital District Mental Health Program**

**NOVA SCOTIA
EARLY PSYCHOSIS PROGRAM**

Who is The Early Psychosis Family Support Group?

The Early Psychosis Family Support Group was formed in 2000 by family members whose relatives were being treated at the Nova Scotia Early Psychosis Program (NSEPP).

Family members attended The Early Psychosis Family Education Program and found it to be very helpful in meeting their information needs and concerns while supporting their loved ones recovery.

Recognizing the need for on-going education and support for caregivers, a planning committee was formed to collaborate with the NSEPP Education Coordinator to form a family support group.

Our Goals

- To promote the role of families as essential partners in the treatment of persons experiencing a first episode of psychosis
- To give support to families affected by early psychosis
- To promote understanding through awareness and education
- To advocate for appropriate services and supports to facilitate our relative's recovery

Who Can Attend?

Family members including siblings of persons receiving treatment in the Early Psychosis Program are welcome to attend.

Family Members who attend our meetings have also attended the Early Psychosis Family Education Program.

**We want to enable families to take control of their individual situations.
Appropriate support is part of that process.**

When Are Meetings Held?

We hold meetings on Thursday evening from 7 to 9 pm (every 4 to 5 weeks).

The meeting consists of an education component, group interaction, sharing and refreshments.

7-8 pm: **Educational:** a guest speaker provides information on topics of interest.

8-9 pm: **Discussion Time:** families talk about issues/concerns and share ideas.

** A schedule is available from a planning committee member and NSEPP.*

Where Are Meetings Held?

The Abbie J. Lane Building
Halifax, NS

How Can Committee Members be Contacted?

As volunteers, we are committed to making ourselves available as much as possible. The following planning committee member may be contacted for further information:

Patricia Cosgrove
(902) 473-2874
cosgrovep@cdha.nshealth.ca

We always welcome new volunteers to assist with our activities.