

## Mental Health Recovery Partners Society Central Island

### HOW YOU CAN HELP

- **Make a Donation**

By making a donation, you can help families affected by mental illness. We provide the needed support and education for them to better cope with their issues and obtain the services required.

- **Become a Member**

Our voice is only as powerful as the number of families and friends dedicated to our cause. Help us continue to speak for families by joining the Society today.

Mental Health Recovery Partners Society  
2353 Rosstown Road  
Nanaimo, BC V9T 3R6

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_

PC: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

**Tax Receipts issued for \$25 or more**

☐ Donation Gift \$ \_\_\_\_\_

☐ Membership \$10.00

Please make cheque payable to:  
Mental Health Recovery Partners  
Society—CVI

**THANK YOU FOR YOUR SUPPORT**

We gratefully acknowledge  
Nanaimo Mental Health & Substance  
Use Services



for their ongoing financial support  
of our branch programs

Charity BN/Registration  
# 89348 5425 RR 0001



**Mental Health Recovery Partners**  
**Central Island**  
*Hope and Support for All*

2021

**Mental Health Recovery  
Partners Society—CVI**  
(formerly BC Schizophrenia Society,  
Nanaimo Branch)

2353 Rosstown Road  
Nanaimo, BC V9T 3R6

Tel: 250.760.6031  
Email: [mail.ci@mhrp.ca](mailto:mail.ci@mhrp.ca)  
[www.mhrpci.com](http://www.mhrpci.com)

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*Hope and Support for All*



### PROGRAMS AND SERVICES

**Tel : 250.760.6031**  
**[mail.ci@mhrp.ca](mailto:mail.ci@mhrp.ca)**  
**[www.mhrpci.com](http://www.mhrpci.com)**

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# MENTAL HEALTH RECOVERY PARTNERS SOCIETY—CVI

## OUR MISSION

**Mental Health Recovery Partners Society-Central Vancouver Island provides education and support for those with mental illness and their families.**

**Supporting all mental illnesses, diagnosed or not.**

## WHAT IS RECOVERY?

- The concept of "recovery" in mental health refers to living a satisfying, hopeful, and contributing life, even when a person may be experiencing ongoing symptoms of a mental health problem or illness. Recovery journeys build on individual, family, cultural, and community strengths and can be supported by many types of services, supports, and treatments.
- Recovery principles, including hope, dignity, self-determination, and responsibility, can be adapted to the realities of different life stages, and to the full range of mental health problems and illnesses. Recovery is not only possible, it should be expected.

- Mental Health Commission of Canada

*Mental Health  
Recovery Is  
Never Linear*

## PROGRAMS AND SERVICES

### Family-to-Family Education Program

The *Family-to-Family Education Program* was developed by NAMI, the National Alliance on Mental Illness. It is a free, 8-session educational program for family and friends of people living with **any** mental illness. NAMI Family-to-Family is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI trained family members who have been there and includes presentations, discussion and interactive exercises.

NAMI Family-to-Family not only provides critical information and strategies for taking care of your loved one, but you'll also find out that you're not alone. Recovery is a journey, and there is hope.

In the program, you'll learn: how to manage crises, solve problems and communicate effectively; to take care of yourself and manage your stress; develop the confidence and stamina to provide support with compassion; find local supports and services; current information on mental health conditions and how they affect the brain; treatments, including evidence-based therapies, medications and side effects; and the impact of mental illness on the entire family.

Courses are offered by Mental Health Recovery Partners Society—CVI each spring and fall. Between courses names are taken on a waiting list for the next available course.



*Education is the movement  
from darkness to light*

— Allan Bloom

### Family Support Group Meetings

Family support group meetings provide a caring, supportive environment for families and friends who are impacted by mental illness. The meetings are devoted to sharing stories and sharing ways to cope with mental illness.

Meetings are held year round on the second and fourth Tuesday of each month from 7:00-8:30 pm.

### Family Navigation

Support for families with a loved one with a mental illness. Help families navigate through the mental health system and community resources.

### Community Education Presentations

Interactive and informational mental health presentations are made to educational institutions, work places, clubs and other groups/organizations. By appointment.

### Special Events

Speaker education evenings on mental health topics are arranged with sufficient interest.

### Resource Materials

**Lending Library:** Mental Health Books  
**Brochures:** Mental Health Resources

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