

# F.A.M.I.L.I.E.S.<sup>TM</sup>

Professional, safe and effective family peer-led programs for family members (parents, partners, siblings, adult children) affected by mental illness (bipolar, depression, anxiety, trauma-related, substance use & addiction disorders).



## SUPPORT

### Individual Support

Family Peer Supporter provides emotional understanding and healing in a family member's journey of adaptation to the trauma of mental illness

### Support Groups

Family Peer Facilitator guides group work to support families in crisis and nurture group wisdom to successfully cope and adapt

## EDUCATION

### Mental Health First Aid

Learn how to help a person developing a mental health problem or experiencing a mental health crisis

### SMART Recovery

Tools and techniques to help families successfully cope with any substance use or addiction disorders

## EMPOWERMENT

### Family Peer Supporters

Training for NEW Family Peer Supporters that upholds national standards of practice for knowledge and competencies for individual peer support

### Family Peer Facilitators

Training for NEW Family Peer Facilitators that offers a set of internationally proven key structures and group processes for peer support groups