

2018 Schedule for

S.A.F.E.

Support And Family Education

Mental Health Facts and Information

Workshops for family members of Veterans

Offered every other Friday at the Buffalo VA Medical Center

10:00am – 12:00pm in 1022B



- February 2What Causes Mental Illness?
February 16Depression/Bipolar Disorder and Their Impact on the Family
March 2PTSD and its Impact on the Family
March 16.....Schizophrenia and its Impact on the Family
April 6Communication Tips for Family Members
April 20.....Limit Setting and Boundaries with Family Members
May 4.....Problem-Solving Skills for Families
May 18.....Creating a Low-Stress Environment and Minimizing Crises
June 1.....What Can I Do When My Family Member is Angry or Violent
June 15.....Common Family Reactions to Mental Illness
July 6.....Taking Care of Yourself
July 20Skills for Managing Stress Effectively as a Family Member
August 3.....What to Do When Help is Turned Away
August 17.....Do's and Don'ts in Helping Your Family Member
September 7.....Rights and Responsibilities of Consumers, Family Members,
September 21.....Empowering Your Loved One on the Journey of Recovery
October 5What Do We Tell Our Children and Other People about Mental Illness
October 19.....Dealing with the Stigma Surrounding Mental Illness

**For more information please call Dr. Elizabeth Wahlig (862-7473)
or talk to your VA provider.**

You are welcome to attend one or all of the workshops.

Family members and older adolescents are invited.

No reservations required for this free program.