

*Need tips and tools for supporting your friend,  
family member, or loved one?  
Want the opportunity to meet people who share  
similar experiences to yours?*



## **You are welcome to attend our FAMILY SUPPORT GROUP**

**1<sup>st</sup> Wednesday of each month, 6 – 7:30 pm  
Tri-County Mental Health Services—REFRESHMENTS SERVED**

**January 6, 2010**

The relationship between mental health and substance abuse

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**February 3, 2010**

Understanding Psychiatric Hospitalization

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**March 3, 2010**

Self Soothing Strategies for Family Members

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**April 7, 2010**

Understanding Medicaid, Medicare, SSI, and disability

Questions ???? Please call Lori Byl or Jamie Wehmeyer at 816-468-0400