

2013 SAFE Program Workshops

WHEN: 4:30 - 6:15 PM

WHERE: VA Hudson Valley Health Care System

- FDR Montrose Campus, Bldg 15, Rm 16 **(FDR)**
- Castle Point Campus, Bldg 19, Rm 100 **(CP)**

JAN 29	What causes mental illness (FDR)	APR 2	Common family reactions to mental illness (CP)
FEB 5	Depression & Bipolar disorder and their impact on the family (FDR)	APR 9	Taking care of yourself (FDR)
FEB 12	PTSD & the impact on the family (FDR)	APR 16	Skills for taking care of yourself as a family member (FDR)
FEB 19	Schizophrenia & its impact on the family (CP)	APR 23	What to do when help is turned away (FDR)
FEB 26	Communication tips for the family (FDR)	APR 30	Do's & don'ts of helping your family member (CP)
MAR 5	Limit setting & boundaries for the family (FDR)	May 7	Rights & responsibilities of consumers, families and professionals (CP)
MAR 12	Problem solving skills for the family (FDR)	MAY 14	Empowering your loved ones on the journey of recovery (FDR)
MAR 19	Creating a low stress environment (CP)	MAY 21	What we tell our children & other people (FDR)
MAR 26	What I can do if my family member is angry or violent (CP)	MAY 28	Dealing with the stigma surrounding mental illness (FDR)