

**Chesapeake Community Services Board
Presents:**

MESA Family Workshops

Mutual Education, Support & Advocacy Program

Weekly Classes for Family Members of Persons with Mental Illness

This 12 week series is for parents, siblings, spouses and other relatives of persons with mental illnesses. Led by a family member and a mental health professional, information is provided on the following topics:

- symptoms, causes & treatment of major mental illnesses
- guidelines for coping
- preventing relapses
- accessing the mental health system
- community resources
- advocacy information

Support among families is a vital component of these classes.

**The next 12-week series of classes will begin on Monday,
September 20, 2010 from 6:30 p.m. to 8:30 p.m.
Location: Chesapeake Community Services Board
224 Great Bridge Blvd., Chesapeake, VA 23320**

**Facilitator: Tommie Cubine, LCSW
Facilitator: Kay Ashby, President, NAMI – VA Beach**



MESA is a free educational program! Participants may join in at any time during the sessions.

For more information contact Donnell Parham at 547-9334, ext. 6242