



VIRTUAL FAMILY & FRIENDS EDUCATION SERIES

You Can Do This and We Can Help

Our **Pathlight Virtual Family & Friends Education Series** will help you better support your loved one through their recovery journey with education, skill-based guidelines and connection with others. **The more you know about what your loved one is going through, the better you can support them.**

Designed for families and friends who have loved ones currently or previously in treatment for mood, anxiety or trauma-related disorders, this series is delivered in a virtual format in the comfort of your home. It's never been easier to empower yourself with the knowledge and confidence you'll need to be there for your loved one during this critical time.

Our Comprehensive Series Offers Three Powerful Components



EDUCATION

Gain powerful insights about mental health conditions and the most effective treatments.



PREPARATION

Receive helpful guidelines and skills to support your loved one throughout their recovery journey.



CONNECTION

Embrace those who know what you're going through and benefit from personal connections.



Enroll Now!

PathlightBH.com/FamilyFriendsSeries

Weekly Topics Include...

WEEK 1

Tools for Connection and Confident Communication With Your Loved One

WEEK 2

The Psychiatric Toolbox: Treatment Approaches to Mood and Anxiety Disorders

WEEK 3

All About Anxiety: Symptoms and Supportive Practices

WEEK 4

Bonus Topics: Don't Miss Out on Courses Tailored for You
Rotating monthly topics: Decoding the ABCs of Evidence-Based Treatment, How to Help Your Loved One After Treatment, The Connection Between Mental Health and Nutrition, Care for the Caregiver: Helping Yourself While Helping Your Loved One



Enroll Once to Join the Series.
Drop in Anytime.
Same Day. Same Time. Every Week.

To learn more and enroll, visit
PathlightBH.com/FamilyFriendsSeries

“My friends and family learned the right language to use when speaking with me about my recovery. Instead of judging my thoughts, they learned how to empathize with me and provide a neutral response back to me.”

– Mackenzie, Pathlight Alumnus



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