

The Center for Behavioral Health & Recovery

The Hope Group:

Family, Friends and Community



The Center for Behavioral Health & Recovery at Glendale Adventist Medical Center provides support for the family members and loved ones of those struggling with mental illness.

Please join us as we share our experiences and explore the resources available for you and your family.

Your loved one does not need to be a patient at GAMC for you to attend.

- Learn about the symptoms of your loved one's mental illness.
- Develop and strengthen a plan of self-care.
- Reinforce necessary family boundaries and communication strategies.
- Know about the limits of treatment and community resources.
- Discover how our expectations can increase or reduce stigma.

Center for Behavioral Health & Recovery Services
1509 Wilson Terrace Glendale, CA 91206
818-409-8062

**1st and 3rd
Saturday of each
month**

12:30PM-1:30PM

**Psych 1 West Classroom 1
(Ground Floor)**

FREE Lecture Series

Adventist Health
Glendale