



**University of Michigan  
Department of Psychiatry  
Depression Center  
Social Work Family Programs**

## **Family Education Workshop**

You may be wondering....

- How does depression and bipolar illness impact families?
- What are helpful tips for coping with a loved one's illness?
- How can families recognize the symptoms of depression and bipolar illness and help to prevent relapse?
- How can families play a key role in their loved one's recovery?

### **Have your questions about depression answered at a Family Education Workshop.**

Each two-hour workshop offers patients and families the opportunity to learn about depression and bipolar illness and gather information about risk factors, treatments, impact on families, and healthy ways of communicating with one another. Social work clinicians from the University of Michigan Depression Center will present the most important facts about depression and bipolar illness and its effects on different age groups. They will also lead discussions, allowing participants to ask questions within a supportive environment.

Family Education Workshops are offered on the first Wednesday of every month from 6-8pm at the new Rachel Upjohn Bldg. 4250 Plymouth Rd., Ann Arbor, MI 48109-2700

#### **Dates of upcoming workshops:**

**Feb 2, 2011**

**Mar 2, 2011**

**Apr 6, 2011**

**May 4, 2011**

**June 2011-TBA**

**July 2011-TBA**

**Aug 3, 2011**

How do I sign up? Workshops are free, however advance registration is required. Register by calling Sue Wonnacott at 734-764-0250 or visit the web site at [www.depressioncenter.org](http://www.depressioncenter.org). Due to space limitations, priority is given to families and patients currently being seen in the U-M Depression Center. All adolescent and adult family members are welcome to attend.

*Attending a group meeting means that you will meet others with your circumstances and condition. Each member of the group will be asked to be respectful of confidentiality and will sign a statement saying they will not disclose any confidential information.*