

# **B.R.I.D.G.E.S**

**(Building Recovery of Individual Dreams and Goals through Education and Support)**

## **PEER EDUCATION AND SUPPORT GROUP**



**A peer-run support group for people recovering from mental illness that draws on BRIDGES tools**

**The Peer Education and Support Group is now a full fledged BRIDGES support group and is open to anyone who has a diagnosis of mental illness. It is a place to share hopes, struggles, insights and coping strategies in a supportive and confidential atmosphere.**

We meet every 2<sup>nd</sup> Sunday from 1 pm to 3 pm in the Commercial Drive area.

**If you'd like to check us out, please call: (604) 682-3269 extension: 7856.**

A Program of the BC Schizophrenia Society



**A REASON TO HOPE. THE MEANS TO COPE.**  
**BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY**

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