

What are Multi-Family Groups? Groups of people whose lives are affected by a serious brain disorder and who want an improvement in the quality of their lives

MFG Groups use a problem solving method to learn new approaches to support consumers and their families. This method involves using "Family Guidelines" to keep life on a more even keel.

MFG Groups focus on NOW and what people need in their lives to be happier. Members learn: what mental illness is; how to cope with symptoms; and how to communicate better with each other.

MFG groups will include 6 to 8 consumers, their family members and staff from Pathways. Benefits for participants include:

- Form new friendships and social networks
- Current medical understanding of brain disorders
- Skills to get back into the mainstream of life (i.e. School, employment)
- The group is stronger than the individual parts and people work together towards recovery
- Family burden and isolation is lightened
- Reduction in relapses and hospitalizations

Participants have also discovered

- Renewed interest in work
- Improved ability to work on issues BEFORE they are big deals.
- More control of their recovery
- Family members have less stress, improved coping skills, greater satisfaction with caretaking and fewer illnesses over time.

Who can take part?

Pathways consumers and/or family members who are living with a serious brain disorder.

IMPORTANT--A "family member" is defined as any supportive person in a consumer's life (i.e. Close friends, neighbors, etc.).

How can I join a group?

First --Contact your case manager or the intake staff at Pathways

Second -- attend a Multi Family PsychoEducation workshop on February 10, 2007.

at the Marquette Commons Building

119 West Baraga Ave.-Next to the Children's Museum

Two sessions will be going on that day:

Bipolar Illness 9:00-12:30 pm

Schizophrenia 1:00-4:00 pm

Third--attend an MFG group two times a month