

OUR GOAL IS TO HELP

Alleviate the suffering caused by mental illness

Improve the quality of life for those affected, their families and their friends

Provide support and education for families, friends, and those living with mental illness

Free Education & Support

For Family and Friends:

Family Support Group
Individual Family Support
Strengthening Families Together
Teens in Control
Kids in Control

For People Living with Mental Illness:

One-on-One Peer Support
Peer Support Group Meetings
Your Recovery Journey
Peer Support Training
Positively Social



EDUCATION & SUPPORT

For all major mental illnesses, including but not limited to:

Psychotic Disorders

Mood Disorders

Anxiety Disorders

Personality Disorders

Visit our Website:

www.sosmws.com

Like us on Facebook:

www.facebook.com/SOSMentalWellnessCentre

Follow us on Instagram:

@SOSMentalWellness

Services are accessible to all adults with mental illness and their loved ones living in the South Okanagan-Similkameen

with funding from

Interior Health Authority
City of Penticton
Generous Community Donors



South Okanagan Similkameen
Mental Wellness Society

Mental Wellness Centre

Family Support
Peer Support

#118 - 246 Martin Street
Penticton, BC
V2A 5K3

Main Office: (250) 493-7338
Family Support: (250) 488-4895
Fax: (250) 493-0690

Email:
info@sosmws.com

OFFICE HOURS
Monday to Friday
10:00AM - 2:00PM
& by appointment

Please call or email us to learn more about our Peer and Family Support programs as well as our upcoming courses and events!

MENTAL Family Support

Family Support Group

For family members, loved ones, and friends of those affected by mental illness.

Individual Family Support

For family members, loved ones, and friends of those affected by mental illness.

Resource Library

Available free of charge to families, friends, health care professionals, and the public. Included are books, brochures, videos, and DVDs.



WELLNESS Free Education

Strengthening Families Together

This free education program consists of 10 modules and provides family members and friends information about mental illness.

The course covers topics such as self-care, treatment and recovery, and how to cope and support a loved one living with mental illness.



Kids in Control & Teens in Control

Support and education for children and teens who have a parent or close family member with mental illness.

CENTRE Peer Support

Peer Support Program

This program builds on hope and empowerment in supporting people to understand and cope with mental illness through individual and group support.

Peer support provides opportunities for individuals to achieve their goals, develop new life skills, establish social connections, and link with community resources.

Partnership Presentation Program

A public education program incorporating the views of people who living with mental illness, family members, and health care professionals.

Presentations are available for schools, colleges, service clubs, churches, businesses that work with the public, staff meetings, workshops, and other interested groups and businesses.