



## When It Comes to Your Door: Mental Health Issues within the Family

Saturday, March 20, 2021

11:00 a.m.-12:45 p.m.

...A free ZOOM Meeting...

Licensed mental health professionals discussing:  
Mental Health Issues: Recognizing the Signs and Symptoms  
Impact of Mental Health Issues on the Family  
Coping Strategies as a Family  
Getting the Help Needed: Mental Health Resources

NO COST but pre-registration is required by March 12, 2021

For pre-registration information contact:

Dr. Pauline Rivers, President

Building Strong Families, Inc. 813-759-0260 (office)

<http://www.buildingstrongfamiliesofflorida.com>

ZOOM meeting ID, passcode, and seminar materials will be emailed to those who pre-register

~A Collaboration with At One Counseling Services & Sarah Smith, LMHC~



Building Strong Families, Inc.  
...strengthening families to help them be great....



**Building Strong Families, Inc.**

**~In collaboration with At One Counseling Services & Sarah Smith, LMHC~  
Presents...**

**When It Comes to Your Door:  
Mental Health Issues within the Family**

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**I. Prominent Mental Health Issues:**

- Bipolar Disorder
- Clinical Depression
- Schizophrenia

**II. Recognizing the signs/symptoms**

**III. Impact of mental health issues on the family**

**III. Coping Strategies as a Family**

**IV. Resources**

- Getting the Help Needed: Disability and Mental Health Services

**For pre-registration information contact:**

**Building Strong Families, Inc.**

**813-759-0260 (office)**

**pmrivers@aol.com**

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