

Choices in Recovery

Relapse Awareness and Prevention Strategies

Don't miss this special educational seminar!

Date: Monday, January 14, 2008

Registration time: 7:30 PM

Program time: 7:30 PM to 8:30 PM

Now is a time of great hope in the management of schizophrenia.

Today, there are more treatment options available than ever to help people stay on track with their recovery and live productive and fulfilling lives.

However, every person with schizophrenia goes through good periods, and bad periods – known as relapses – which can interfere with recovery.

Understanding relapse and being prepared is key to staying on course with recovery!

The purpose of this educational session is to help consumers and family members understand relapse in schizophrenia. The program offers useful tips to help prevent or minimize relapse and provides strategies to help individuals get through difficult periods and stay on course with their recovery.

Topics that will be covered include:

- What is relapse?
- Identifying early signs/relapse triggers
- Developing a relapse prevention plan
- The importance of family/treatment team involvement

Speaker:

Manoj Waikar, MD
Gardner Family Care Corporation
San Jose, CA

Venue:

NAMI Sacramento General Meeting
"Old" SMUD Building Auditorium
6201 S Street
Sacramento, CA

Sponsored by NAMI Sacramento

Funding provided by Janssen, L.P.

Join us for an informative and interactive discussion.

*This presentation is not intended to replace discussions with your treatment team. All decisions regarding your diagnosis and treatment must be made by you and your treatment team.