



# Depression and Bipolar Disorder: Family Psychoeducation Group Manual

*Christina Bartha, Kate Kitchen*

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Developed in response to requests for practical assistance from family members struggling to manage the needs of relatives who have been diagnosed with major depression or bipolar disorder, the CAMH family psychoeducation program is designed to help families become knowledgeable about the disorders, and to help them develop skills and strategies that will improve their ability to give ongoing care and support to their relatives.

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