



# Could My Parent Have Schizophrenia?

*Dr. Stan Kutcher*

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## **Could My Parent Have Schizophrenia? Dr. Stan Kutcher**

A book created for teenage children of parents with Schizophrenia. In addition to helping teenagers understand what Schizophrenia is and how it affects their parent's behaviour, "Could My Parent Have Schizophrenia?" also helps teenagers learn to communicate effectively with their parents, cope positively with their own stress and emotions, find ways to help their parent without taking on the burden of his or her illness, and learn how to seek help and keep themselves safe, if necessary.

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