



**Family Caregivers Unite!**  
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**December 22nd 2015: How Tammy and Sherri Create Hope for People Living with Schizophrenia**

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Tammy Lambert is diagnosed with schizoaffective disorder and is coping with delusional symptoms and mood instability. Sherri Matsumoto, who now lives with schizophrenia, was first diagnosed with mental illness as a teenager, but her first diagnosis was not schizophrenia. They highlight their own experiences of living with schizoaffective disorder and schizophrenia. They talk about their work creating hope for people living with schizoaffective disorder and schizophrenia. They discuss the challenges faced by people and their families living with schizoaffective disorder or schizophrenia, and th

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**Featured Guests**



**Tammy Lambert**

Tammy Lambert has completed her Bachelor of Arts Degree with a Major in Psychology at the University of Manitoba. She is working as a Mental Health Proctor for Winnipeg Regional Health Authority.

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**Sherri Matsumoto**

Sherri Matsumoto lives with Schizophrenia. Diagnosed with mental illness as a teenager, her first diagnosis was not schizophrenia. Her last hospitalization was about five years ago. In 1994, she participated in a program for paraprofessional mental health workers.

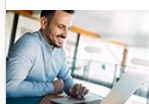
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