



Family-to-Family Education Program

Free Education and Support for Families Who Have Relatives with Serious Mental Illness

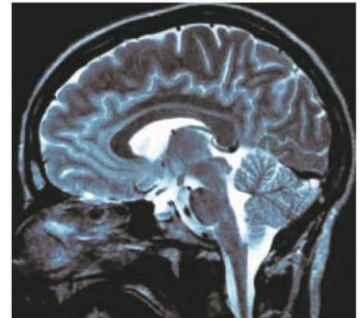


The NAMI Family-to-Family Education Program is a free 12-week course for families and friends of individuals with brain disorders called serious mental illness. The course is taught by trained family members who have lived with this experience. **All course materials are furnished at no cost to you.**

Many family members describe the impact of this program as *life changing*. Join thousands of families just like yours who have gained information, insight, and understanding and empowerment.

Family-to-Family Course Topics include:

1. Family responses to the trauma of mental illness.
2. Schizophrenia, major depression, and mania: Diagnosis and dealing with critical periods.
3. Depression and Bipolar subtypes; Panic disorder; Obsessive Compulsive Disorder (OCD); Borderline Personality Disorder; Co-occurring brain and addictive disorders.
4. The biology of the brain: emerging scientific discoveries.
5. Problem solving workshop
6. Medication review
7. Understanding the inner experience of having a mental illness.
8. Communication skills workshop.
9. Self-care, relative group testimony.
10. Rehabilitation, services available.
11. Advocacy, fighting stigma.
12. Celebration & certification ceremony.



Pre-Registration Required – space is limited and classes fill quickly!

NAMI FAMILY-TO-FAMILY CLASS

WEDNESDAY EVENINGS STARTING in MARCH 14, 2018
6:30-9:00 pm AT NAMI BEAVER COUNTY OFFICE
1229 3RD ST., BEAVER, PA 15009

FOR INFORMATION AND REGISTRATION CALL OR EMAIL:
CARLA BRAUND at 724-888-6877 or carlabraund@namibeavercounty.com