



## Attend this FREE Course Coming Soon in Your Area!

The NAMI Family-to-Family Education Program is a **free** course for family **caregivers** of individuals with severe mental illnesses. Family-to-Family is **intended for family members, partners, and friends** of individuals with:

- Major Depression
- Schizoaffective Disorder
- Borderline Personality Disorder
- Bipolar Disorder (Manic Depression)
- Schizophrenia
- Panic Disorder and Obsessive Compulsive Disorder
- Co-occurring Brain Disorder and Addictive Disorder

The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. This series of 12 weekly classes, each 2½ hours, is structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders.

- Learning about feelings, learning about facts.
- Schizophrenia, major depression and mania; diagnosis and dealing with critical periods.
- Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories.
- The biology of the brain/new research.
- Problem solving workshop.
- Medication review.
- Empathy workshop – what it's like to have a brain disorder.
- Communication skills workshop.
- Self-care.
- Rehabilitation, services available.
- Advocacy; fighting stigma.
- Review and certification ceremony.

Tentative Date & Time: Sept. 23<sup>rd</sup> thru Dec. 16<sup>th</sup> 6:30 pm to 9:00 pm

Space Limited: Pre-Registration is required:

For More Information or to Pre-Register, Contact:

Cynthia: (254) 848-9641

Or

Lola: (254) 772-5190

*If no answer please leave name, phone number and best time to be contacted.*

**Hosted by NAMI Waco**