



The Nation's Voice on Mental Illness

FAMILY TO FAMILY EDUCATION PROGRAM

NAMI's Family-to-Family Education Program consists of a series of **12 FREE** classes for the families of persons with serious and persistent brain disorders (mental illnesses). Family-to-Family classes are offered in hundreds of communities nationwide and over 100,000 family members have taken the course since its inception. The course has been described by many participants as *life changing*. The Family-to-Family curriculum utilizes a variety of teaching techniques and includes a broad range of topics:

- Information about Major Depression, Bipolar Disorder, Panic Disorder, Obsessive Compulsive Disorder, and Schizophrenia
- Basic information about medications and their side effects
- Coping skills; handling crisis and relapse
- Listening and communication techniques
- Problem solving and limit setting; rehabilitation
- Understanding the actual experience of people suffering from mental illness
- Information about connecting with appropriate community services and community supports
- Advocacy: Getting better services, fighting discrimination and stigma

Class starts: April 12, 2007
Time: Thursdays, 6:30-9:00 PM
Place: Central and Missouri
Contact: Barb or Robin at 602-244-8166
Class size is limited to 25.
Pre-registration is required



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