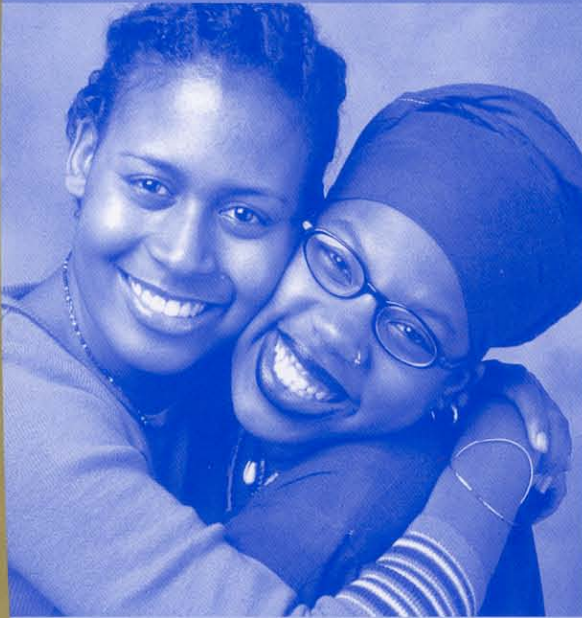




NAMI

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 **12-week course** for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. **All course materials are furnished at no cost to you.**

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.



The Family-to-Family Course Topics include:

1. Learning about feelings, learning about facts.
2. Schizophrenia, major depression and mania: diagnosis and dealing with critical periods.
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories.
4. The biology of the brain/new research.
5. Problem-solving workshop.
6. Medication review.
7. Empathy workshop—what it's like to have a brain disorder.
8. Communication skills workshop.
9. Self-care and relative groups.
10. Rehabilitation services available.
11. Advocacy: fighting stigma.
12. Review and certification ceremony.

Classes Fill Up Quickly, So Call:

NAMI EAST BAY 510-524-1250
Next class series: Thursdays 3/1 - 4/19/09
6:45-9:15 PM