



NAMI Family-to-Family

National Alliance on Mental Illness

A FREE psychoeducational class for family and friends of individuals affected with mental health issues

The Family-To-Family Education Program is a 12-week course for family caregivers and friends of individuals affected with a serious brain disorder, i.e. mental illness. Family to Family is taught by trained family member volunteers.

All instruction and course materials are free for class participants.

The Family-to-Family curriculum utilizes a variety of teaching techniques and includes a broad range of topics:

- Information about Bipolar Disorder, Major Depression, Schizophrenia, Borderline Personality Disorder, Panic/Anxiety Disorder and Obsessive Compulsive Disorder (OCD)
- Coping skills, handling crisis and relapse *Listening and communication techniques *Problem solving and limit setting; rehabilitation
.....and much, much more!

FAMILY TO FAMILY will be offered at two venues:

Winchester, starting Tuesday, September 18 *7p - 9:30p*

Contact Judy at jkenson@comcast.net or 978-273-0811

Bedford, starting Thursday, September 20 *7p -9:30p*

Contact Janet at 781-761-5287/jhodes@edinburgcenter.org

PRE-REGISTRATION IS REQUIRED