



National Alliance on Mental Illness

FAMILY-TO-FAMILY FREE EDUCATION PROGRAM

For family members of individuals with
Major Depression Bipolar Disorder
Schizophrenia
Borderline Personality Disorder
Anxiety Disorders
Obsessive Compulsive Disorder

Course is structured to help family members understand and support individuals with serious mental illness while maintaining their own well being. Course includes information about the diagnosis and treatment of mental illness, crisis handling, problem solving, communication, and empathy.

12 weekly classes begin Monday, January 20th, 2014

Evenings: 6:30 to 9:00 P.M.

At a location on the Vineyard

For information and registration call co-teachers, family member volunteers:

Daryl (508 627-5249), Lori (508 423-2619), Peggy (508 693-5872)

Sponsored by NAMI MASS and NAMI Cape Cod and the Islands, the Massachusetts affiliates of the National Alliance on Mental Illness and funded by the Department of Mental Health of Massachusetts. The course is open only to family members and significant others of the mentally ill.

The NAMI **Family-to-Family** Education Program is a FREE 12-session course taught to families/caregivers of those with a serious mental illness by family members, who have received intensive training for its presentation. Instruction and course materials are provided free to class participants.

Class topics include:

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder.
- borderline personality disorder, and co-occurring brain disorders and addictive disorders.
- Up-to-date information about medications, side effects, and strategies for medication adherence.
- Current research related to the biology of brain disorders and evidence-based treatments to promote recovery.
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness.
- Problem solving, listening, and communication techniques.
- Acquiring strategies for handling mental health crises and relapse.
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload.
- Guidance on locating appropriate supports and services within the community.
- Information on advocacy initiatives designed to improve and expand mental health services.

to register call Daryl:508 627-5249; Lori: 508 423-2619; Peggy 508 693-5872