

NAMI Family-to-Family is a free, 11 week educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. Classes are taught by NAMI trained family members. The course and materials provided are free.

Course Topics Include:

- Information about Schizophrenia, Major Depression, Bipolar Disorder, Panic Disorder, OCD, Borderline Personality Disorder, Co-Occurring Brain Disorders, Dual Diagnosis and PTSD
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Medication Review
- Empathy: Inside Mental Illness
- Self-Care
- Information on acquiring strategies for handling crises and relapse
- Presentations, interactive exercises and group discussions
- Advocacy initiatives: Fighting Stigma

Many family members describe the impact of this program as **"life-changing."**

Join thousands of families just like yours who have gained information, insight, understanding, and empowerment.

YOU ARE NOT ALONE!

Register Today!

**FIND HELP.
FIND HOPE.**

REGISTRATION IS REQUIRED:

DATE: FEBRUARY 4, 2019
WHEN: 6:00 PM TO 8:30 PM
WHERE: SHELBY BAPTIST MEDICAL CENTER
 1000 1st St N, Alabaster, AL 35007

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT:

Laura 205-267-2986 or laurajnh@gmail.com