

The NAMI Family-to Family Education Program is a free 12 week course for families and friends of individuals living with mental illness. Trained family members who have lived with this experience each this course.

All course materials are provided.

Course Topics Include:

- Symptoms of Schizophrenia, Major Depression, and Bipolar disorder
- Subtypes of Depression and Bipolar Disorder, OCD, Borderline, Personality Disorder and telling our stories
- Basics about brain biology and causes of brain disorders
- Problem Solving Workshop
- Medication Review
- Empathy: Inside Mental Illness
- Communication Skills Workshop
- Self-Care
- Rehabilitation: Making Choices for Recovery
- Advocacy: 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.**

DATE: Beginning Monday September 10, 2018

TIME: 6:00 pm - 8:30 pm

LOCATION: St. Vincent's One Nineteen
7191 Cahaba Valley Rd, Birmingham, AL 35242

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT:

Laura 205-267-2986 laurajnh@gmail.com
Sherryl 205-305-0782 sherryltreslar.nami@gmail.com