

NAMI - Virginia

National Alliance on Mental Illness

"Family to Family" Education Program



"Free" Education & Support Program for Families

Family to Family is a 12 week course **for the families** of persons diagnosed with a mental illness. **It is "free."** The course is taught by NAMI trained, family member volunteers who have had a family member with a mental illness.

The course focuses on the following:

schizophrenia, bipolar disorder (manic depression), clinical depression, post-traumatic stress disorder, panic disorder, borderline personality disorder and obsessive-compulsive disorder and co-occurring brain disorders and addictive disorders.

The classes cover clinical treatment of the above diagnoses and teach the knowledge and skills families need to cope more effectively.

Course topics include:

- ✓ Up-to-date information about medications, side effects and strategies for medication adherence
- ✓ Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- ✓ Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- ✓ Learning in special workshops on problem solving, listening, and communication techniques
- ✓ Acquiring strategies for handling 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 services

For more information and to sign up for the Fall class call:

- ❖ Barb @ **276-686-5590** if no answer leave call back number. Your call will be returned as soon as possible or Email: namif2fswva@gmail.com
- ❖ Classes **start September 11, 2013** and will meet each Wednesday evening for 12 weeks in Marion, Virginia. Registration is required.
- ❖ **Call early to register for this FREE program.**