

NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

Family to Family Education Program is a free, 12-session educational program for family, significant others and friends of people living with mental illness. 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.

**Tuesdays
6:30–9:00pm**

**Oct. 6, 2015
through
Dec. 15, 2015**



LEARN ABOUT:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

TESTIMONIALS:

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."

"I thought my wife and I knew just about everything there is to know about the system and the illness. Boy, were we wrong. Without a doubt, this is the best support course I have had the privilege of taking part in, bar none."

Registration necessary!

To register please call Lynn (310) 455-0441 or Sharon (310) 820-4626