

NAMI Family-to-Family Education Program

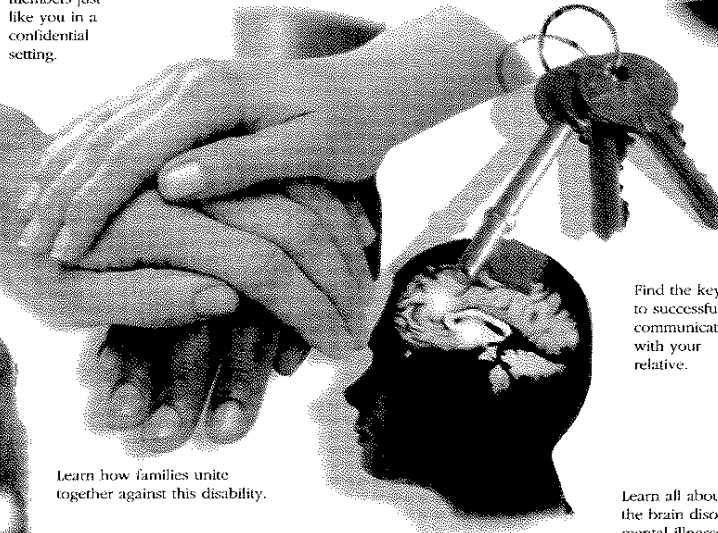
Free Education and Support for Families
Who Have Relatives with Brain Disorders
(Mental Illness)



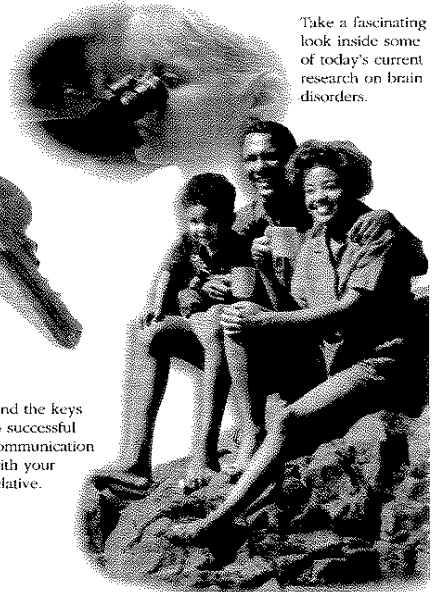
Attend with other family members just like you in a confidential setting.



Learn how families unite together against this disability.



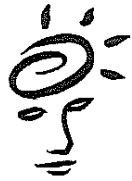
Find the keys to successful communication with your relative.



Take a fascinating look inside some of today's current research on brain disorders.

Learn all about the biology of the brain disorders – known as mental illnesses.

The Keys to Understanding



The **NAMI Family-to-Family Education Program** is a 12-week course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course

materials are furnished at no cost to you.

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

The Family to Family Course Topics Include:

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories
4. The biology of the brain/new research
5. Problem solving workshop.
6. Medication review
7. Empathy workshop – what its like to have a brain disorder
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation, services available
11. Advocacy: fighting stigma
12. Review and certification ceremony

Classes Fill Up Quickly, So Call: Jean Laforge (519) 256-4854

Next Class Begins:

Windsor

Leamington

**370 Erie Street East
Windsor, ON N9A 3X3**

**January 28 – April 14, 2020
7:00 – 9:30 p.m.**

Location to be Determined

**February 18 – May 5, 2020
6:30 – 9:00 p.m.**