



NAMI Family-to-Family

National Alliance on Mental Illness

A FREE psychoeducational class for family and friends of individuals affected with mental health issues

The Family-To-Family Education Program is a 12-week course for family caregivers and friends of individuals affected with a serious brain disorder, i.e. mental illness. Family to Family is taught by trained family member volunteers.

All instruction and course materials are free for class participants.

The Family-to-Family curriculum utilizes a variety of teaching techniques and includes a broad range of topics:

- Information about Bipolar Disorder, Major Depression, Schizophrenia, Borderline Personality Disorder, Panic/Anxiety Disorder and Obsessive Compulsive Disorder (OCD)
 - Coping skills, handling crisis and relapse
 - Listening and communication techniques
 - Problem solving and limit setting; rehabilitation.....and much, much more!

FAMILY TO FAMILY WILL BEGIN IN FEBRUARY, 2017!

Winchester, MA

For more information and to register, please contact:

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