



NAMI Family-to-Family Education Program

Free for family members, partners and significant others of individuals living with

**Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Post-Traumatic Stress Disorder (PTSD)
Co-occurring Brain and Addictive Disorders**

A series of 12 sessions structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it is like to have a loved one struggling with one of these brain disorders. Over 300,000 people across North America have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information. There is no cost to participate in the NAMI Family-to-Family Education Program, but **PRE-REGISTRATION IS REQUIRED.**

**Classes start February 7, 2017
Littleton, MA near Route 495
Tuesdays 7 pm – 9:30 pm**

Contact:

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