



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 be offered at multiple venues:

Winchester, starting Wednesday, August 30 7p - 9:30p

Contact Ellen at 617-599-4302/ewfaran@gmail.com

Wakefield, starting Wednesday Sept. 13 7p - 9:30p

Contact Judy at 978-273-0811/jkenson@comcast.net

Bedford, starting Thursday, Sept. 14 7p - 9:30p

Contact Janet at 781-761-5287/jhodes@edinburgcenter.org

Concord, starting Tuesday, September 19 6:30p - 9:00p

Contact Clare at 978-962-8994 or ccooper@westfordconsulting.com

PRE-REGISTRATION IS REQUIRED