



Southwestern Pennsylvania

Family-to-Family Education Program

Free Education and Support for Families Who Have Relatives with Serious Mental Illness

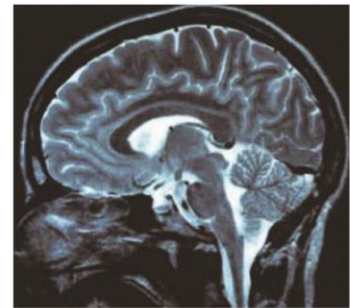


The NAMI Family-to-Family Education Program is a free 12-week course for families and friends of individuals with brain disorders called serious mental illness. The course is taught by trained family members who have lived with this experience. All course materials are furnished at no cost to you.

Many family members describe the impact of this program as *life changing*. Join thousands of families just like yours who have gained information, insight, and understanding and empowerment.

Family-to-Family Course Topics include:

1. Family responses to the trauma of mental illness.
2. Schizophrenia, major depression, and mania: Diagnosis and dealing with critical periods.
3. Depression and Bipolar subtypes; Panic disorder; Obsessive Compulsive Disorder (OCD); Borderline Personality Disorder; Co-occurring brain and addictive disorders.
4. The biology of the brain: emerging scientific discoveries.
5. Problem solving workshop
6. Medication review
7. Understanding the inner experience of having a mental illness.
8. Communication skills workshop.
9. Self-care, relative group testimony.
10. Rehabilitation, services available.
11. Advocacy, fighting stigma.
12. Celebration & certification ceremony.



Pre-Registration Required – space is limited and classes fill quickly!

NAMI FAMILY-TO-FAMILY CLASS

WEDNESDAY EVENINGS STARTING ON SEPTEMBER 10TH
6:30-9:00 pm AT NAMI BEAVER COUNTY OFFICE
1229 3RD ST., BEAVER, PA 15009

FOR INFORMATION AND REGISTRATION CALL OR EMAIL:
CARLA BRAUND at 724-888-6877 or carlabraund@namibeavercounty.com