



## CLASE DE ORIENTACIÓN FAMILIAR

Esta clase dura 6 horas en un día y es para familias y personas de alguien que conocen o sospechan que tiene una enfermedad mental. Este clase está creado para educarse sobre enfermedades mentales y aprender sobre programas y servicios de apoyo disponibles en la comunidad. Los participantes deben asistir a todo la clase de 6 horas para recibir materiales. Esta clase es GRATIS.

### ONE DAY FAMILY ORIENTATION CLASS

TRANSITIONS-MENTAL HEALTH ASSOCIATION: FAMILY SERVICES PROGRAM  
784 High Street, San Luis Obispo  
Conference Room 1

This one day, 6 (six) hour Class is for families and persons of someone that they know or suspect has a mental illness. This workshop is designed to educate oneself about mental illness and learn about programs and support services available in the community. Participants must attend the entire 6 hour workshop to receive materials. This class is free; lunch is included, or feel free to bring your own.

The next class will be held on Saturday, September 28<sup>th</sup> from 9am to 3pm

Call 805-305-9219 for information, dates and times.

Space is limited; you must call to reserve a seat.

Please leave your name, correct spelling of your name and contact number.

#### WORKSHOP TOPICS INCLUDE:

- Viewing of *The Shaken Tree*
- Brief Overview of Mental Illness
- 5150 to Conservatorship
- Special Needs Trust
- SS!
- Surviving Holidays & Special Events
- Suicide Prevention and Intervention
- Resources Available in the Community



#### *The Shaken Tree*



FAMILIES LIVING WITH MENTAL ILLNESS

#### About The Shaken Tree Families Living With Mental Illness:

This locally-produced and award-winning documentary illuminates the journey families experience when a loved one has chronic and persistent mental illness. In this 30 minute film the families themselves explain their journey of pain, grief, feeling of helplessness, despair, and stigma associated with this illness. The film provides hope to families that they are not alone and describes ways to survive and live life fully while sharing it with someone who has a mental illness.

#### About TMHA Family Services:

Family Services assists anyone who has someone in their life that they know or suspect has a mental illness. Support, education, information, and help with navigating the public and private mental health systems is available in a caring, confidential environment that empowers family and friends to better understand and cope with the realities of chronic and persistent mental illness. All services are available in both English and Spanish and are offered free of charge.

#### About TMHA:

Transitions-Mental Health Association is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. *Inspiring hope, growth, recovery and wellness in our communities.*

Llame al (805) 540-6571 para más información.