



## NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

Dates: Beginning Thursday, February 15<sup>th</sup>  
630-900 PM

### FREE EDUCATION AND SUPPORT FOR FAMILIES REGARDING MENTAL ILLNESS

The NAMI Family-to-Family Education Program consists of a series of 12 classes for family members and significant others of persons with serious mental illness (schizophrenia, depression, bipolar disorder, panic disorder, and obsessive compulsive disorder/OCD).

The course consists of:

1. Information about schizophrenia, major depression, bipolar disorder, panic disorder, borderline personality disorder, obsessive-compulsive disorder and dual diagnosis (substance abuse and mental illness).
2. Coping skills; handling crisis and relapse.
3. Listening and communication techniques.
4. Problem solving and limit-setting; rehabilitation.
5. Self-care; learning how to recognize normal emotional reactions to chronic worry and stress.
6. Basic information about medications. Information regarding biology of the brain.
7. Information about connecting with appropriate community services and community supports.
8. Advocacy; getting better services; fighting stigma.

The NAMI Family-to-Family Education Program is appropriate for parents, siblings, spouses, adult children, and significant others of persons with severe and persistent psychiatric disabilities.

There is no charge for the course; however, **registration is required** as class size is limited.

The course will be held every *Thursday* (12-week course)  
from *February 15th*

The course will be held at:  
Temecula Adult Mental Health Clinic  
40925 County Center Drive  
Suite 200 2nd Floor  
Temecula, CA 92591

If you are interested in attending the NAMI Family-to-Family Education Course  
Please contact: Dolores - [doloresdemartino\\_nami@hotmail.com](mailto:doloresdemartino_nami@hotmail.com), 321.368.1327  
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