



NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

Dates: Beginning Saturday September 8th
10:00AM-12:30PM

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 Saturday (12-week course)
from Saturday the 8th**

The course will be held at:
Lake Elsinore Adult Mental Health Clinic
[31764 Casino Drive Suite 300](#)
[Lake Elsinore, CA., 92530](#)

If you are interested in attending the **NAMI Family-to-Family Education Course**
Please contact: **Dolores** - doloresdemartino_nami@hotmail.com, 321.368.1327
Aurelio - navysilver_6@yahoo.com 760.529.3377

Sponsored by NAMI California and NAMI Temecula Valley Affiliate