



Ventura County

FAMILY-TO-FAMILY EDUCATION

INFORMATION - INSIGHT - UNDERSTANDING – EMPOWERMENT

The Family-to-Family Education Program is a series of twelve weekly classes for family caregivers of individuals with mental illness. The trained co-teachers are family members themselves and know what it's like to have a loved one struggling with one of these brain disorders. The course balances education and skill-training with self care, emotional support and empowerment.

For family members, partners and friends of individuals with:

- Major Depression**
- Bipolar Disorder (Manic Depression)**
- Schizophrenia and Schizoaffective Disorder**
- Borderline Personality Disorder**
- Panic Disorder and Obsessive Compulsive Disorder**
- Co-occurring Brain Disorders and Addictive Disorders**
- Post Traumatic Stress Disorder**

There is no cost to participate in the NAMI Family-to-Family Education Program. This class is the first step to help your loved one on the road to recovery. Sign up today.

WESTLAKE VILLAGE

Class Begins: August 27, 2009
12 Thursdays, 6:30 pm to 9:00 pm
Calvary Community Church, 549 N. ...

Class full

SIMI VALLEY

Class begins: September 21, 2009
(note changed start date)
12 Mondays, 6:30 pm to 9:00 pm
OneSpirit Center for Conscious Living
1756 Erringer Road, Suite 100

VENTURA

Class begins: September 2, 2009
(note changed location)
12 Wednesdays, 6:30 pm to 9:00 pm
ARC Ventura County
295 S. Arcade Drive

Class full

To register or for more information:

e-mail: namiventura@gmail.com
or call: (805) 641-2426

Classes limited to 25 persons.
Enrollment restricted to attendees who have a family member or friend with a mental illness.

FAMILY-TO-FAMILY COURSE OUTLINE

The **NAMI Family-to-Family Education** is a peer family education program designed to foster learning, healing and empowerment among families of individuals with serious mental illness. These classes are small and represent a new concept and curriculum. In this model, the course co-teachers are family members who have been through a national training program designed by a mental health professional. The curriculum focuses on three major psychiatric illnesses (schizophrenia, bipolar disorder and major depression), and emphasizes the clinical treatment of these illnesses.

Included in the course:

Week One

Learning about normal reactions when mental illness strikes a family

Week Two

Schizophrenia, Major Depression, Mania, Schizoaffective Disorder, getting through a critical period

Week Three

Types and sub types of Depression and Bipolar Disorder, Panic Disorder, and OCD, telling our stories

Week Four

The biology of the brain, research, causes, the biology of recovery

Week Five

Problem solving, setting limits, problem solving skills workshop

Week Six

Medication Review

Week Seven

What it's like to have a brain disorder, empathy workshop

Week Eight

How illness interferes with the capacity to communicate, communication skills workshop

Week Nine

Self-care, how to balance our lives

Week Ten

Rehabilitation, a first-person account of recovery

Week Eleven

Advocacy, learning how to change the system

Week Twelve

Review and certification ceremony

The **NAMI Family-To-Family Education Program** is appropriate for parents, siblings, other family members and significant others of person with severe and persistent mental illness. Individuals who are diagnosed with one of the major mental illnesses themselves may attend the course if their present condition is stable and they are the primary caregiver of an ill person.

There is no charge for the class, however **registration is required.**

For more information, or to enroll in the NAMI Family-To-Family Education Course, please call (805) 641-2426 or email: namiventura@gmail.com