



National Alliance on Mental Illness

nami

Southern Maryland
St. Mary's - Charles - Calvert

Do you have a loved one with a serious mental illness?

If you are struggling to help a loved one who has depression, anxiety, bipolar disorder, panic disorder, schizophrenia, OCD, PTSD or borderline personality disorder, this class is for you.

**Get support and learn the skills you need
through the
FAMILY-TO-FAMILY EDUCATION
PROGRAM**

Class 7 begins Wed., September 9th 2009

**Class will meet once a week from 7:00 – 9:30 PM
for 12 weeks, beginning Sept 9th**

**Location: Trinity Lutheran Church
46707 Shangri La Drive
Lexington Park, Maryland 20653
For directions call Joe at 301-481-5733**

**For more info about Family-to-Family, or to register,
call Joe at 301-481-5733. Please leave your name and
phone number! Please pass this information to anyone you think might
benefit from this program!**

**NAMI's Family-to-Family Education Program is FREE. It is taught by trained NAMI
family members who offer information, insight, understanding and empowerment.
Attendees do not have to be members of NAMI Southern Maryland, but class size is limited.
REGISTRATION IS REQUIRED.**

NAMI Southern Maryland • P.O. Box 25 • Lexington Park, Maryland 20653
Office: (301) 737-1988 • Cell: (301) 904-9926 • Fax: (301) 737-1772
<http://www.namisomd.org> • namisomd@verizon.net

