



nami

National Alliance on Mental Illness

Southern Maryland

St. Mary's - Charles - Calvert

Family-to-Family

**Do you have a loved one who has a
serious mental illness?**

Charles County

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

Get support and learn the skills you need through the **FREE
Family-to-Family Education Program.**

**Family -to-Family is a 12-week course for family caregivers of
individuals living with serious mental illnesses.**

Class begins Wednesday, January 25, 2012

Institute for Family Centered Services

605 Post Office Rd. Suite 205

Waldorf, MD 20601

6:30 – 9:00 P.M.

**For more information about Family-to-Family, or to register,
Please call the NAMI Southern Maryland Office at 301-737-1988 or
contact us at namisouthernmd@gmail.com**

Please leave your name and phone number.

Please pass this information to anyone you think might benefit from this program.

The National Alliance on Mental Illness provides the Family-to-Family Education Program as a **FREE** service. The course is taught by trained parents and caregivers of mentally ill 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
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Lexington Park, Maryland 20653
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<http://www.namisomd.org> • namisouthernmd@gmail.com



Sponsored

Next Family to Family Class to Begin September 6th, in Leonardtown

We are please to announce that Class 13 of NAMI's signature Family to Family Education Program will be begin on September 6th, at St. Mary's Hospital's new Pavilion Building. Since 1996, over 200 people have graduated from NAMI Southern Maryland's Family to Family course. This program, which runs for 12 weeks, is for family members that have a loved one that is suffering from a serious mental illness (depression, anxiety bi-polar disorder, schizophrenia, panic disorder, OCD, PTSD or border personality disorder). It is taught by trained and certified teaching teams who share the experience of having a loved one suffering from a serious mental illness. Participants learn valuable information about mental illnesses, medications, coping strategies and communication skills. Family to Family provides a safe place to ask questions, discuss mutual issues of concern in a confidential and facilitated environment and a chance to meet other families with shared experiences – often for the first time. One graduate of the course has expressed her belief that “NAMI's Family to Family course saves lives and offers a road to recovery for the whole family in a way that can't be found anywhere else.” The class will begin September 6th and will meet every Tuesday for 12 weeks from 6:30 to 9:00 p.m., in the Hospital's Pavilion Building, Health Connections Classroom A. The course is free, but seating is limited. Registration is required. Please call Joe Ashworth (301.481.5733) for more information.