



SPRING 2011 CLASS
MARCH 30th -- JUNE 15th
WEDNESDAYS 6:00 -- 8:30 P.M.

at

DIRECTIONS FOR MENTAL HEALTH
1437 S. BELCHER ROAD, CLEARWATER

PRE-REGISTRATION REQUIRED
CALL BRIAN AT 727-741-0299

SPONSORED BY NAMI PINELLAS COUNTY

- FREE 12-week course for family caregivers of individuals with severe mental illnesses
- Focus on caregivers--Taught by trained family members
- Free instruction and course materials to class participants
- Current information about chronic mental illnesses & medication
- Strategies for handling crises and relapse
- Problem solving, listening and communication techniques
- Skills for coping with worry, stress and emotions
- Guidelines for finding local support and services
- Advocacy information

115,000 family graduates from throughout the nation