

What is NAMI's Family-to-Family Education Program?

The NAMI Family-to-Family Education Program is a free, 12-week course for family members of individuals with severe mental illnesses.

- The course is taught by trained family members
- All instruction and course materials are free to class participants
- Over 115,000 family members have graduated from this national program

What people have to say about Family-to-Family:

"Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery."

-- Peter Weiden, M.D., author of *Breakthroughs in Antipsychotic Medications*

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

NEW CLASSES will be scheduled in 2010 and held in Monroe, WI.

The course and materials are free, but preregistration is necessary. Please contact (608)328-9376 for more information or to be placed on the waiting list.

Someone will return your call promptly.