



Contra Costa Affiliate www.namicontracosta.org

FAMILY TO FAMILY CLASS CALENDAR, FALL, 2010

Family to Family is a free, 12 evening class for family members who have loved ones with mental health disorders, such as anxiety disorders, clinical depression, bipolar disorder, PTSD, and schizophrenia. In a confidential setting, this class, taught by trained NAMI members, will give you knowledge and skills to cope more effectively as well as gain insight about how mental illness affects your relative.

Date	Class	Teacher	Location	Contact
Wednesday August 25, 2010	Family to Family - *Veterans' families	Dave Kahler, Sharon Madison	VA Martinez Campus 150 Muir Rd. Martinez, CA	+Thomas Cloney
Monday September 13 2010	Family to Family	Julia Bonacich, Karen Cohen	Our Saviors Lutheran Church, 1035 Carol Lane. Lafayette, CA	+Thomas Cloney
Monday September 13 2010	Family to Family in Spanish	Lori Teller, Veronica McManus	Putnam Clubhouse, 3024 Willow Pass Road. Suite 230 Concord, CA 94519	Lori Teller (925) 683- 8487
September, 2010, exact date to be set	Family to Family - West County	Mujahidun Sumchai, Baby Raff	Grace Lutheran Church, 2369 Barrtt Avenue. Richmond, CA 94804	Mujahidun Sumchai (510) 237- 9277

+Information: Thomas Cloney, Director, 510-705-2608 or famtofamcc@gmail.com.

*This is a 13 session class. Space available, families who do not have a Veteran may sign up.

All addresses are hyperlinked to Google Maps for your convenience.