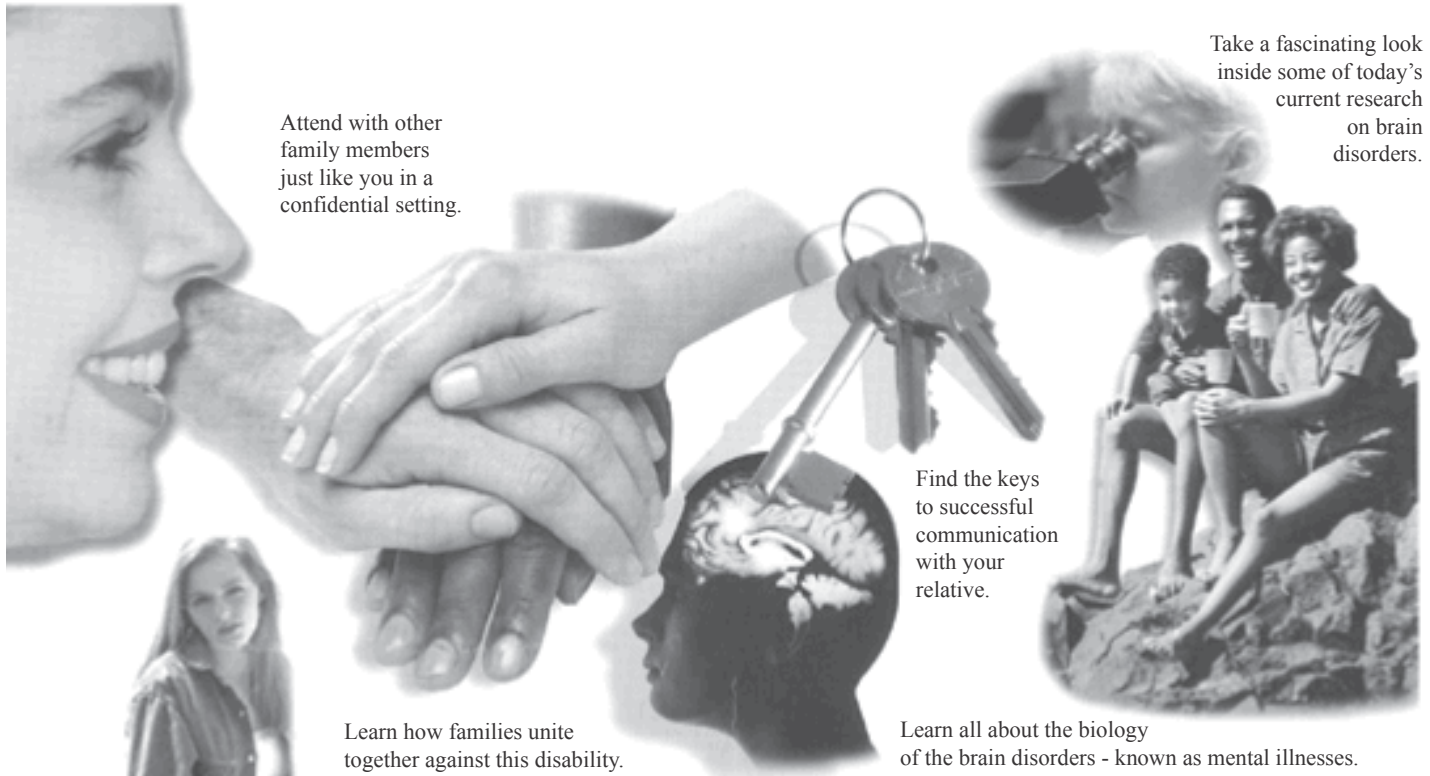


NAMI Family-to-Family Education Program



Attend with other family members just like you in a confidential setting.

Take a fascinating look inside some of today's current research on brain disorders.

Find the keys to successful communication with your relative.

Learn how families unite together against this disability.

Learn all about the biology of the brain disorders - known as mental illnesses.

The Keys to Understanding

The NAMI Family-to-Family Education Program is a 12 week course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course materials are furnished at no cost to you.

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

The Family to Family Course Topics Include:

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories
4. The biology of the brain/new research
5. Problem solving workshop.
6. Medication review
7. Empathy workshop –
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation
11. Advocacy
12. Certifications ceremony

Contact: Thomas Cloney 510-705-2608 or famtofamcc@gmail.com

Classes start 7pm September 13th, 2010 at

Our Saviors Lutheran Church,

1035 Carol Lane, Lafayette CA

Teachers: Julia Bonacich & Karen Cohen