

Mental Health in Richmond  
NAMI Family to Family  
Free 12 Week Course  
Sept 15 to Dec 8, 2011  
7:00 PM - 9:00 PM  
Grace Lutheran Church  
2369 Barrett Avenue at 24th  
Richmond, Ca. 94804



*Fortune  
Favors  
Those  
Who  
Do Not  
Hesitate*



Have you taken the **free**, 12 week Family-to-Family course? It is offered at several locations throughout the county. The course covers the symptoms and treatment of major mental illnesses, as well as skills to help family members communicate with and advocate for their loved one(s) more effectively.

If you have a loved one with a severe and persistent mental health issue, then the **12 free classes** are for you. It is not a support group but a one night a week, two hour—12 week course. It will provide information to help your family and loved one. This is the **4th year** F2F is being offered in Richmond. Space is limited. The class normally holds 20 family members. It will change your life and living circumstances. NAMI stands for the National Alliance on Mental Illness.

The course will cover information about

- Schizophrenia and Schizoaffective Disorder
- Bipolar Disorder (Manic Depression)
- Panic Disorder
- Borderline Personality Disorder
- Major Depression,
- Obsessive Compulsive Disorder, and
- Post Traumatic Stress Disorder (PTSD)

The course will provide the right information to help your family maintain its well-being, find health recovery solutions for your loved one and begin your mental health community advocacy.

Location: Grace Lutheran Church 2369 Barrett Avenue at 24<sup>th</sup> Street

Time: 7:00PM to 9:00PM

Date: Every Thursdays, Starting Sept. 15<sup>th</sup> and ending Dec. 08<sup>th</sup> 2011

Please Call  
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