

NAMI Family-to-Family

Education Program

Free Education and Support for Families Who Have A Member With Mental Illness



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

Find the keys to successful communication with your relative

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

Learn how families unite together against this disability

The Keys to Understanding

The NAMI Family-to-Family Education Program as presented in VA is a 13-week course for families of Veterans with mental illnesses. This course is taught by trained family members, one of whom is a Veteran. All course materials are furnished at no cost to you.

The curriculum focuses on schizophrenia, bipolar disorder, depression, panic disorder, obsessive-compulsive disorder, and PTSD. 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
4. Post-traumatic Stress Disorder
5. The biology of the brain/new research
6. Problem solving workshop
7. Medication review
8. Empathy workshop
9. Self-care and relative groups
10. Communication skills workshop
11. Rehabilitation
12. Advocacy
13. Certifications ceremony

Classes fill up quickly, so please call: Thomas Cloney 510-705-2608

famtofamcc@gmail.com

Classes start Wednesday August 25, 7-9 pm
VA Martinez Campus