

Do You Have a Relative or Friend with a Mental Illness Disorder?

Family to Family Education Course Schedule

Martinez

Starting March 21, 2017

For 13 classes (PTSD extra)

When: Tuesdays, 7:00pm -
9:15pm, starting March 21

Where: 2860 Howe Road,
Martinez

Brentwood

Starting April 22, 2017

For 12 classes

When: Saturdays, 10:00am-
12:30pm starting April 22

Where: 1275 Fairview Ave.,
Brentwood

Pleasant Hill

Starting May 2, 2017

For 12 classes

When: Tuesdays, 7:00pm -
9:15pm, starting May 2

Where: 404 Gregory Lane.
Pleasant Hill

For all course registrations

contact: Nancy Seibert
at (925) 285-5995 or
fam2fam4u@gmail.com

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

The course will include information on:

- **Schizophrenia and Schizoaffective Disorder**
- **Bipolar Disorder (Manic Depression)**
- **Panic Disorder**
- **Borderline Personality Disorder**
- **Major Depression**
- **PTSD**



The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Up-to-date information Obsessive Compulsive Disorder
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Current treatments, including evidence-based therapies, medications and side effects

Mental illness impacts the entire family and this set of classes will help you cope.