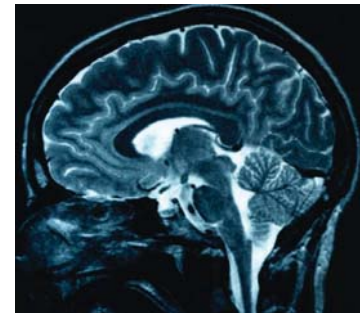


## *Free* Education and Support for Families Who Have Relatives with Serious Mental Illness



The NAMI Family-to-Family Education Program is a free 12-week course for families and friends of individuals with brain disorders called serious mental illness. The course is taught by trained family members who have lived with this experience. **All course materials are furnished at no cost to you.**

Many family members describe the impact of this program as *life changing*. Join thousands of families just like yours who have gained information, insight, and understanding and empowerment.



### Family-to-Family Course Topics include:

1. Family responses to the trauma of mental illness.
2. Schizophrenia, major depression, and mania: Diagnosis and dealing with critical periods.
3. Depression and Bipolar subtypes; Panic disorder; Obsessive Compulsive Disorder (OCD); Borderline Personality Disorder; Co-occurring brain and addictive disorders.
4. The biology of the brain: emerging scientific discoveries.
5. Problem solving workshop
6. Medication review
7. Understanding the inner experience of having a mental illness.
8. Communication skills workshop.
9. Self-care, relative group testimony.
10. Rehabilitation, services available.
11. Advocacy, fighting stigma.
12. Celebration and certification ceremony.

**Pre-Registration Required — classes fill quickly!**

To inquire about upcoming Family-to-Family locations, please contact NAMI Southwestern Pennsylvania: (412) 366-3788 or toll-free 1-888-264-7972 or email [info@namiswpa.org](mailto:info@namiswpa.org).

Visit our website for additional educational opportunities, [www.namiswpa.org](http://www.namiswpa.org).