

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

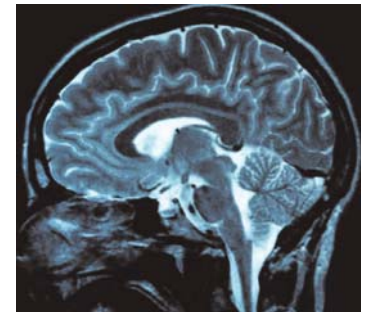


The NAMI Family-to-Family Education Program is a free 12-week course for families and friends of individuals with brain disorders called serious mental illness. The course is taught by trained family members who have lived with this experience. **All course materials are furnished at no cost to you.**

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 & certification ceremony.



Pre-Registration Required – space is limited and classes fill quickly!

Class Starting Dates & Locations

- Veterans Place of Washington Blvd., 945 Washington Blvd., Pittsburgh, Friday, Sept 10, 6:30 - 9:00 pm
- Children's Institute, 1405 Shady Ave., Squirrel Hill, Monday, Sept. 13, 6:30 - 9:00 pm
- NAMI Southwestern PA office, 105 Braunlich Drive, Ross Twp., Tuesday, Sept. 14, 6:30 - 9:00 pm
- 907 Jefferson Ave., Washington, Monday, Sept. 20, 7:00 -9:30 pm

Contact NAMI Southwestern PA to register:
412-366-3788 or email info@namispwa.org