



# Family to Family



The NAMI Family-to-Family Education Program is a **free**, 12-week course for adult family members of individuals with severe mental illnesses.

Schizophrenia , **M**ajor depression, **B**ipolar disorder (manic depression), **P**anic disorder, **O**bsessive-**C**ompulsive **D**isorder, **B**orderline personality disorder and **C**o-occurring brain disorders and addictive disorders.

Family members of people with serious mental illnesses often experience considerable worry, stress, and the need for information and support as they try to assist their ill relatives and adjust to the changes that serious mental illness brings to the family system.

**This 12 Week Course will be taught in the  
Santa Clarita Valley  
Thursday evenings 6:30pm—9:00 pm  
Beginning March 19 at the  
SCV Senior Center  
22900 Market Street  
Santa Clarita, CA 91321**

Seating is limited and pre-registration is required by calling

**818 364.0120 or 818 585.3451**

It is important that you are committed to attending all twelve evenings as each class builds on the previous one.

*"I have attended many family education courses and this, by far, is the most pertinent, informative, and family oriented of them all".*

*"As an engineer, I admit I was skeptical, but it really helped me deal with these problems better ... the most logical choice I ever made".*

*"It helped me save my son's life".*

*"Finally, concrete information about the biological brain disorders. It changed my life".*

*"My overall feeling is I wish every one could take it".*

## 12 Topics in 12 Weeks

1. Learning about our feelings, learning about facts.
2. Schizophrenia, major depression and mania: diagnosis and dealing with critical periods.
3. Subtypes of depression and bipolar, panic disorder and OCD; diagnosis and causes; sharing our stories.
4. The biology of the brain and new research.
5. Problem solving workshop.
6. Medication review.
7. Empathy workshop — what it's like to have a brain disorder.
8. Communication skills workshop.
9. Self-care and relative groups.
10. Rehabilitation services available.
11. Advocacy — fighting stigma.
12. Review and certification ceremony.