



Presents: **NAMI Family to Family Education Program**

NAMI Family to Family is a 12 week program for those who have family members suffering from mental illness. Lead by family-member facilitators, the **NAMI** course covers:

- Diagnostic criteria of common mental illnesses
- Our emotional response to the trauma of mental illness
- Biology of the brain, causes of mental illnesses, new research
- Listening/communicating techniques
- Understanding what it's like to have a mental illness
- Coping skills, handling crisis and relapse, self-care and family-care
- Finding community services and supports
- Advocacy, dealing with stigma and discrimination

Most of all **NAMI** offers a confidential, safe place for people to learn and talk about mental illness in their family with others who understand, because we are all dealing with the same issues ourselves.

This program is provided **free of charge** by the Family Support Network, a committee of Mental Health Services Hastings & Prince Edward.

When: Tuesdays, September 14 to November 30, 2010
Time: 7:00 p.m to 9:30 p.m
Place: Belleville

Although the course is free, you do need to register. Please call the **NAMI Coordinator** at **(613) 968-9659**. A facilitator will call you to confirm your registration and answer your questions.

NAMI – National Alliance on Mental Illness