



NATIONAL ALLIANCE ON MENTAL ILLNESS
Family-To-Family Education Program

For Family Members and Caregivers Of People with Mental Illnesses such as:

- **Bipolar Disorder** (*Also called Manic Depression*)
- **Major Depression**
- **Borderline Personality Disorder**
- **Schizophrenia and Schizoaffective Disorder**
- **Panic Disorder**
- **Obsessive-Compulsive Disorder**
- **Co-occurring Brain Disorder and Addictive Disorder**

A series of 12 weekly classes, structured to help family members understand and support their ill relative, while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it is like to have a loved one with a serious mental illness in the family. **There is no cost to participate in the NAMI Family-to-Family Education Program.** Over 115,000 family members in the U.S.A. and Canada have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

Monday evenings starting March 22, 2010
At the Royal Canadian Legion, 3rd Floor, 132 Pinnacle St,
Belleville

For further information and registration, please contact Judy or Kim at Mental Health Services, Belleville office at 613-967-4734.

**FOR FAMILY MEMBERS or
CAREGIVERS ONLY**
Classes are limited to 25 persons
So please register early

This NAMI Family-to-Family Education Program is sponsored by the Family Support Network Hastings Prince Edward Counties