

*Does someone you love
struggle with mental illness?*

 **NAMI** **Family-to-Family**
National Alliance on Mental Illness

Free 12-class Education Program



Participants say:

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

Register **Charlene Hall**
Text: 909 553-5929 Email: charlene.hall@namisb.org

When **09/11/2019 – 11/20/2019**

Where **Alumni House, University of Redlands**
1200 East Colton Avenue, Redlands, 92374

Sponsored by: 

NAMI Family-to-Family is an education program for family members of adults living with mental illness. *Family* is viewed to include parents, siblings, spouses, adult sons and daughters, partners and significant others. The course is designed to help all family members understand and support their loved one with mental illness while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

The free 12-class education program includes:

- Current information about the major mental illnesses and the most current research available on the biological aspects of these illnesses
- Up-to-date information on the possibilities for living in recovery, including a variety of treatment strategies currently available
- A class on empathy which creates an understanding of the subjective, lived experience of a person living with mental illness
- Specific skills-training in the areas of problem solving, listening, communication techniques, and handling crises and relapse
- An overall focus on care for the caregiver such as learning to cope with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community and offer tips of advocating for those supports and services
- Information on advocacy initiatives designed to improve and expand services, with an emphasis on personal advocates for the parent/caregiver and child on an individual level
- **A free binder with course materials for each participant**

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Bernardino Area is an affiliate of NAMI California. Our volunteers, members, and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.

www.namispb.org