



National Alliance on Mental Illness

# NAMI Family-to-Family

## Education Program

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

The NAMI Family-to-Family Education Program is a 12-week course for families and friends of individuals with brain disorders called 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 the thousands of families just like yours who have gained information, insight, understanding and empowerment.

### The Family-to-Family Course Topics Include:

- Family responses to the trauma of mental illness
- Major mental illnesses and co-occurring disorders: diagnosis and dealing with critical periods
- Problem solving workshop
- Biology of the brain: emerging scientific discoveries
- Medication review
- Understanding the inner experience of having a mental illness
- Communication skills workshop
- Self-care, relative group testimony
- Rehabilitation, services available
- Advocacy: fighting stigma

### **SIGN UP NOW!**

#### **2 courses starting in Augusta, Maine**

Monday, September 13, 6:30-9:00 p.m.

Wednesday, September 15, 1:30-4:00 p.m.

**For more information contact Christine at  
622-5767 or 1-800-464-5767**

**NAMI Maine**

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