



NAMI Family-to-Family

National Alliance on Mental Illness

Education Program on Mental Illnesses

Intended for family members and caregivers of individuals diagnosed with:

- **Schizophrenia**
- **Bipolar Disorder**
- **Clinical Depression**
- **Panic Disorder, Obsessive-Compulsive Disorder (OCD), Anxiety Disorder, and related disorders**

This is a course for family members and caregivers of a loved one with a severe mental illness. The course is taught by nationally-certified trained NAMI family members. The course extends over a 12 week period. Topics include the major mental illnesses, brain biology, clinical treatments, plus knowledge and skills that caregivers need to cope more effectively. Extensive handout materials are free.

Free Weekly Classes. Next Course Begins:

Thursday, September 9, 2010

6:00 – 8:30 PM for 12 consecutive weeks

**Location: The HONOR Center, 1604 SE 3rd Avenue
Gainesville, Florida**

Pre-registration is required: call 374-5600 (ext. 8322)

(voicemail answered within 24 hours)

or E-mail: info@NamiGainesville.org

Class size limited

Sponsored by NAMI Gainesville

Watch video about the course at:

www.NamiGainesville.org

**Offered
once or
twice a year**

The Family-to-Family Education Course

North Central Florida
<http://www.naminorthcentralflorida.org>

NAMI

National Alliance on Mental Illnesses
The Nation's Voice on Mental Illnesses



Counties served:

Alachua
Bradford
Columbia
Dixie
Gilchrist
Levy
Union

www.NamiGainesville.org

What mental health providers say about this Nationally developed course taken by over 115,000 family members:

"Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery."

— Peter Weiden, M.D., author of *Breakthroughs in Antipsychotic Medications*

The NAMI Family-to-Family Education Course is a new concept in education for families and caregivers who are affected by a serious mental illness, including: schizophrenia, bipolar disorder, major depression, panic disorder, severe anxiety disorder, obsessive compulsive disorder, as well as co-occurring brain disorders and addictive disorders. The free course was written at the national level by experienced family members and mental health professionals, and is taught by family members who have completed the course and are specially trained to teach the course to others.

- **Week One**
Learning about normal reactions when mental illness strikes a family
- **Week Two**
Schizophrenia; Major Depression; Mania; Schizoaffective Disorder; getting through a critical period
- **Week Three**
Types and sub types of Depression and Bipolar Disorder; Panic Disorder; and OCD; telling our stories
- **Week Four**
The biology of the brain; research; causes; the biology of recovery
- **Week Five**
Problem solving; setting limits; problem solving skills workshop
- **Week Six**
Medication Review
- **Week Seven**
What it's like to have a brain disorder; empathy workshop
- **Week Eight**
How illness interferes with the capacity to communicate; communication skills workshop
- **Week Nine**
Self-care; how to balance our lives
- **Week Ten**
Rehabilitation; a first-person account of recovery
- **Week Eleven**
Advocacy; learning how to change the system
- **Week Twelve**
Review and certification ceremony