

Get educated about mental illness



SCHOOL BUS

Family-to-Family Caregiver Education Program

Classes and seminars are held throughout the year.

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The class and all course materials are provided at no cost to you.

This program is for family caregivers of individuals with a mental illness or severe brain injury. It teaches the knowledge and skills that family members need to cope more effectively with this loving and often difficult task. 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 class informs attendees what local services are available for those with a mental illness, shares ideas on how to deal with difficult or dangerous situations at home, reviews medications and treatments that may be available, discusses current research on brain disorders, and provides tips that can help your loved one develop their own tools to live better with their illness.

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD), among others. The course discusses the clinical treatment of these illnesses, and emphasizes the importance of self care for the care giver in the midst of what may be new priorities and pressures at home.

For information or to REGISTER for a class or seminar

Call 505-990-2292 or email NAMI Westside at namiwestside@cableone.net

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