

Family - to - Family



Education Course

Commencing January 11th 2017 (Please reserve your spot by December 30 2016)

LOCATION: LECOM COLLEGE 5000 Lakewood Ranch Blvd, BRADENTON

This Course is FREE for family, friends,
partners and significant others of individuals living with mental illness including:

Major depression

Bipolar [Manic depression]

Schizophrenia and Schizoaffective Disorder

Borderline Personality Disorder

Panic Disorder and Obsessive-Compulsive Disorder

Post Traumatic Stress Disorder

Co-Occurring Brain and Addictive disorders

This **nami** 12 week, **free** course is structured to help us understand and support loved ones with mental illness while maintaining our own well-being. The course is taught by trained **nami** Family members of people living with mental illness.

Being close to a person with mental illness, we face unique challenges, social stereotyping, stigmas, complex family dynamics and changing medical developments. It can be overwhelming. However - you are not alone.

By Participating you will:

Gain practical, up to date information about mental health conditions.

Understand the latest treatment options including medications.

Discover problem solving techniques, coping strategies and communication skills.

Learn how to advocate for your family member through the mental health system .

Find community support in a confidential setting.

nami Family to Family is available in 49 states in the US, along with Canada, Mexico, and Italy. Over 300,000 people have taken the course, how about you ?

ENROLL at www.namimanateecounty.org/fam2form.html or

For more info and/or to enroll, Call 941 807 1454

or email namif2f@aol.com

Full Course information and video at [NAMI National](#)