



NAMI *Bergen County*

Brings You

The NAMI

FAMILY-TO-FAMILY

Mental Health Education Program

2011 FALL SESSION

Two Classes in Bergen County!

Wednesdays in PARAMUS

Community Services Building

327 E. Ridgewood Avenue Paramus, NJ 07652

Classes Start: Wednesday, Sept 7, 2011 End: Wednesday, Dec 7, 2011

Mondays in UPPER SADDLE RIVER

Church of the Presentation

271 W. Saddle River Road Upper Saddle River, NJ 07458

Classes Start: Monday, Sept 12, 2011 End: Monday, Nov 28, 2011

ALL CLASSES Start at 7:00 P.M. and End at 9:30 P.M.

FAMILY TO FAMILY is a **12-week** education course designed for family members of someone living with a serious mental illness. The course fosters learning, healing and empowerment among family members. The course has been described by some as “**a journey of hope**” and by many others as “**a life-changing experience**”.

To register, please call **Peggy Whelahan — 201-785 -9076**

THIS PROGRAM IS FREE OF CHARGE ON FIRST COME, FIRST SERVED BASIS

REGISTER EARLY — SPACE IS LIMITED

National Alliance on Mental Illness (NAMI) of Bergen County, Inc.

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