

<http://www.naminj.org/programs/f2f/>

Family-to-Family Educational Program



The NAMI Family-to-Family education program consist of twelve 2-½ hour classes for families and caregivers of **ADULT** individuals living with a mental illness.

The classes will focus on schizophrenia, bipolar disorder, clinical depression, panic disorder, and obsessive-compulsive disorder (OCD).

If you have a loved one living with a mental illness, please join us for this free program.

The course will be given by family members of individuals with a mental illness. Trained by NAMI as educators of the Family-to-Family Program.

Many family members describe this experience as **life changing**. Join the thousands of families, just like yours, who have gained information, understanding and support.

Family-to-Family Participants:

- Learn about family responses to the trauma of mental illness
- Receive current information on serious mental illnesses
- Learn about symptoms, medication and side effects
- Practice problem solving skills and communication techniques
- Develop strategies for handling crisis and relapses
- Review local community resources and support.
- Focus on self-care and coping with stress.

Starting on Wednesday evenings March 20, 2019 to June 5, 2019 from 6:30 pm to 9:00 pm. Christ Hospital 176 Palisade Ave, Jersey City, NJ 07306.

Free parking at the hospital parking facility. Light snacks.

Program and material is FREE-- REGISTRATION REQUIRED

Program facilitators: Vilma Suarez and Elizabeth Toledo

To register please contact: Martha Silva at 201-861-0614 or email namihudson@msn.com

Note: We wish to thank Christ Hospital for opening their doors to make this program available to the community!