

Morris County

**Educational Program  
for  
Family Members and Friends  
of  
Individuals with Mental Illness**

**What:** 12 Week Free Educational Course lasting 2½ hours each week - 7:00 pm to 9:30 pm

**Dates:** Tuesday Evenings, Starting March 12, 2019  
- Please call numbers below to register or for information.

**Where:** **CARES Office** - 25 West Main Street-Rockaway, NJ  
(Located Behind Quick Check Across Parking Lot from Post Office)

**Class**

**Information:** Pamela:973-945-7386 / Steve:973-727-1173

**Course Topics:**

- Family Response to Mental Illness
- Biology of the brain
- **Mental Illnesses:** Major Depression, Bipolar Disorder, Schizophrenia, Panic Disorder, Post Traumatic Disorder, Obsessive Compulsive Disorder, Borderline Personality Disorder, Co-occurring brain and addictive disorders.
- **Medication Overview, Communication Skills, Self-care, Advocacy, Fighting Stigma and Understanding the inner experience of having mental illness.**