



NAMI

Hunterdon

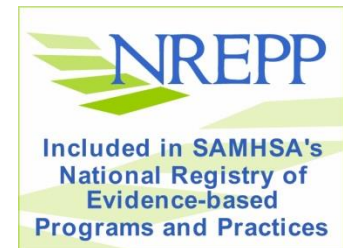
National Alliance on Mental Illness

www.namihunterdon.org

Family to Family Education Program

Free for family members of individuals with

- Major Depression
- Borderline Personality Disorder
- Bipolar Disorder (Manic Depression)
- Schizophrenia and Schizoaffective Disorder
- Panic Disorder and Obsessive Compulsive Disorder
- Co-occurring Brain Disorders and Addictive Behaviors



Family-to-Family is a series of 8 weekly classes structured to help caregivers understand and support individuals with serious mental health challenges while maintaining their own well-being.

The course is taught by a team of trained NAMI Family member volunteers who know what it is like to have a love one struggling with one of these brain disorders.

Over 300,000 family members have graduated from this program. According to an NIMH-funded study published in 2011 in Psychiatric Services, this program significantly improves a family's ability to cope with an ill relative's mental disorder.

Thousands of families describe the program as life-changing. We think that you will be pleased by how much assistance this program offers.

There is no cost to participate in the NAMI Family to Family Education Program.

8 week course starts:

**Saturday, February 22, 2020 -- 9:30am – 12:00pm
Hunterdon Medical Center,
2100 Wescott Drive, Flemington, NJ 08822**

For information or to register please contact:

Lillian 908-797-7040 or

Tom 908-797-3053

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About NAMI: NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Hunterdon is an affiliate of NAMI New Jersey. NAMI Hunterdon and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.