



## REGISTER FOR COURSE ON MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the [Union County Chapter of NAMI](#) (National Alliance on Mental Illness). The course will be online via Zoom starting on Thursday evening, March 4, 2021 at 7PM, and meet each Thursday over a consecutive 8-week period.

We ask that you > Be able to commit to the full series of dates through April 29, > Be able to attend from a computer, tablet, or smartphone and attend with some sense of privacy.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register or if you have questions contact Pat Roman at 732-382-0762 or email [patroman2@aol.com](mailto:patroman2@aol.com). Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.