

Coming Soon! NAMI Middlesex offers Family-to-Family Education Program

The NAMI Affiliate of Middlesex County (“NAMI Middlesex”) is pleased to announce that it will be offering the NAMI Family-to-Family Education Program via the Zoom platform in March/April 2022.

The NAMI Family-to-Family Education Program is a free, 8-week course for family caregivers of individuals with mental illnesses. Classes meet once a week for 2 hours for 8 weeks using the Zoom platform. Access to a computer and reliable internet are required.

- The course is taught by trained family members.
- All instruction and course materials are free to class participants.
- Over 300,000 family members have graduated from this national program.

The NAMI Family-to-Family Education Program offers

- (1) Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, and obsessive compulsive disorder (OCD); up-to-date information about medication compliance; discussion of the biological bases of serious mental illnesses, treatment options, and recovery.
- (2) Coping Skills - gaining empathy by understanding what a person with a serious mental illness experiences; problem-solving, listening, and communication techniques; handling periods of crisis and relapse; care for the caregiver; coping with worry, stress and overload.
- (3) Advocacy Guidance on locating appropriate supports and services within the community and obtaining better mental health services; and advocacy for appropriate federal and state policies.

If you are interested in the Family-to-Family Education program, please call and leave a message for Gaye or Sue at NAMI Middlesex at 732-745-0709. Be sure to speak slowly and clearly and leave your name, email address and phone number.

