

FAMILY EDUCATION AND SUPPORT PROGRAM



Family-to-Family is Free: An 8-session class structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions.

What you'll Gain: Information and strategies for taking care of the person you love, and you'll find out that you're not alone. Recovery is a journey, and there is hope.

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

Space is Limited: Classes start Tuesday, March 14, 2023, 6:30-9PM ending May 9, 2023 at the First Presbyterian Church, Room 8, Moorestown, NJ 08057. **RSVP by 2/27/23.** For more information and to register, click on <https://forms.gle/KWsZavFH8ra5jsCy6>. Or call Maryam.222.9400 856or email NAMIBC NJ@yahoo.com.

What People are Saying: *"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers. It has helped me to understand better and communicate more effectively with my brother."*

"The course has helped me to realize that my son is still insider the body that is often times hidden by the mental illness and that I am not alone in this."

NAMI Burlington Mission: We are dedicated to building better lives for the millions of Americans affected by mental illness. We provide education, advocacy & support for the mentally ill and their families.