# We are taking reservations for our next Family-to-Family Class.

Time, day and location (Middlefield, Chardon, or Chesterland) to be determined by interest.

Classes fill up quickly!

Tear off, fill out and mail the registration on the back of this section today.

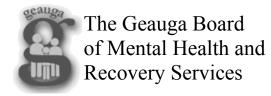
For more information about classes, educational speaker meetings, support meetings, educational courses for peers, families and friends or membership in NAMI Geauga County visit our webpage at: www.nami.org/sites/namigeauga or call us at:

440-286-NAMI (6264)

or email: LREED@namigeauga.org



Education materials are supported by:



### Family-to-Family Participant Comments

"I appreciated knowing the presenters continue to live their own experiences as did each of us in the class."

"I was repeatedly amazed at the thirst for knowledge and understanding by members of the group."

"The class provided much more information than anticipated . . . This course really opened my eyes."

"I found out about services available in Geauga County that I was not previously aware of."

"I learned a lot of things that have made me feel more educated, more confident in dealing with my loved one when he makes "paranoid" comments. I also feel more compassionate towards him and what he is going through. The class gave us support and hope, which we desperately needed."

"The interaction with others who are experiencing the same things is <u>invaluable</u>."

"I feel I have become more tolerable and more accepting of the behaviors and better able to cope with my feelings concerning my loved one."

"NAMI has provided an invaluable service that has and will positively benefit my family for many years."

Brochure revised January 6, 2012, lr

Need Help Coping with Your Family Member's Illness?





## Family-to-Family Education Program

A Free 12 Week Course Offering Education and Support To Families Who Have Relatives with Serious Mental Illness

Time, day and location (Middlefield, Chardon or Chesterland) to be determined by participant interest.

Questions? Call 440-286-NAMI (6264) or visit: www.namigeauga.org or www.nami.org/sites/namigeauga or email LREED@NAMIGEAUGA.ORG

### NAMI Family-to-Family Education Program...

is a 12-week course for families and friends of individuals with brain disorders called mental illness. The course is taught by trained family members who have lived with this experience. All course materials are furnished at no cost to you.

Many family members describe the impact of this program as life changing. Join the thousands of families just like yours who have gained information, insight, understanding, and empowerment.

Family-to-Family class will be held each week for twelve weeks. Class *time* and *day* will be determined at our board meeting and then announced. Classes run 2 ½ hours.

"Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery." Peter Weiden, M.D.

Time, day and location (Middlefield, Chardon, or Middlefield) to be determined by class interest.

We look forward to meeting you!

#### The Family-to-Family Course Topics Include:

- 1. Family responses to the trauma of mental illness
- 2. Schizophrenia, major depression and mania: Diagnosis and dealing with critical periods
- 3. Depression and bipolar subtypes; panic disorder; Obsessive Compulsive Disorder (OCD); Borderline Personality Disorder;
- 4. Co-occurring brain and addictive disorders
- 5. The biology of the brain: emerging scientific discoveries
- 6. Problem solving workshop
- 7. Medication review
- 8. Understanding the inner experience of having a mental illness
- 9. Communication skills workshop
- 10. Self-care; relative group testimony
- 11. Rehabilitation, services available in our community
- 12. Advocacy: fighting stigma, Celebration and certification ceremony

### Family-to-Family is free. Register now!

I am interested in registering for the next

session of Family-to-Family:

Name\_\_\_\_\_\_

Address

City \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_\_
(please print very clearly for accuracy)

mail registration to:



11850 Mayfield Rd. #1 Chardon, OH 44024

or email above information to Linda Reed at:

LREED@namigeauga.org