

We Call It *the NAMI effect*

FAMILY-TO-FAMILY EDUCATION PROGRAM

The NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. Trained family members who have lived with this experience teach this course. Over 300,000 family members have graduated from this national program.

All course materials are provided.

Course Topics Include:

- Symptoms of Schizophrenia, Major Depression and Bipolar disorder
- Subtypes of Depression and Bipolar disorder, OCD, Borderline Personality Disorder, and telling our stories
- Basics about brain biology and causes of brain disorders
- Problem Solving Workshop
- Medication Review
- Empathy: Inside Mental Illness
- Communication Skills Workshop
- Self-Care
- Rehabilitation: Making Choices for Recovery
- Advocacy: Fighting Stigma

Many family members describe the impact of this program as “life-changing.”

Joins thousands of families—just like yours— who have gained

**Information
Insight
Understanding
&
Empowerment**

REGISTER TODAY!

DATE: Beginning Tuesday, January 6, 2015

TIME: 6:00pm

LOCATION: Center for Psychiatric Medicine
1713 6th Avenue South, 2nd Floor
Birmingham, AL 35294-0018

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**FIND HELP.
FIND HOPE.**

Hosted by NAMI Birmingham and NAMI Shelby

Hope starts with you.