

NAMI Family-to-Family Education Program

Free Education and Support for Families Who Have
Relatives with Brain Disorders
(Mental Illness)

Take a fascinating look
inside some of today's
current research
on brain
disorders.

Attend with
other family
members just
like you in a
confidential
setting.

Find the keys
to successful
communication
with your
relative.

Learn how families unite
together against this disability.

Learn all about the biology
of the brain disorders - known as mental illnesses.

The Keys to Understanding



The NAMI Family-to-Family Education Program is a 12 week course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course materials are furnished at no cost to you.

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

The Family to Family Course Topics Include:

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories
4. The biology of the brain/new research
5. Problem solving workshop.
6. Medication review
7. Empathy workshop – what its like to have a brain disorder
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation, services available
11. Advocacy: fighting stigma
12. Review and certifications ceremony

Classes Fill Up Quickly. You Must Be Preregistered, So Call:

¡El cupo es limitado, así que llame ya!

¡Para mayor información y recursos en español, por favor llame hoy mismo!

Family to Family Education Program
NAMI Metropolitan Baltimore
Phone 410-435-2600
www.nami.org/sites/namimetrobaltimore

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