



# Take the NAMI Mental Health Classes & Help Your Family Member & Loved One

*These classes are conducted in Spanish*

INFORMATION - INSIGHT - UNDERSTANDING – EMPOWERMENT

The **Family-to-Family Education Program** is a series of twelve weekly classes for family members and caregivers of individuals with a mental illness. The trained co-teachers are family members themselves and know what it's like to have a loved one struggling with one of these brain disorders. The course balances education and skill-training with self care, emotional support and empowerment.

This class is the first step to help your loved one on the road to recovery.

For family members, partners and friends of individuals with:

**Major Depression**

**Bipolar Disorder (Manic Depression)**

**Schizophrenia and Schizoaffective Disorder**

**Borderline Personality Disorder**

**Panic Disorder and Obsessive Compulsive Disorder**

**Co-occurring Brain Disorders and Addictive Disorders**

**Post Traumatic Stress Disorder**

These NAMI Family-to-Family Education Classes are FREE and in Spanish. Registration is required.

## ***“Familia a Familia”* Classes**

**12-Week Program begins in March 2018**

**Olive View Community Mental Health Center**

**14659 Olive View Drive, Sylmar CA 91342**

**Registration is Required.**

Childcare is not offered. Registration is required. For information & to register, contact:

Alberto Henriquez - (818) 675-5825 - [Spanish@namisfv.org](mailto:Spanish@namisfv.org)