

Free, 8-session Educational Program

for family, friends, and significant others of adults living with mental illness



Evidenced based program to help in the areas of:

- understanding and supporting your loved one while maintaining your own well-being
- learning to cope with worry, stress and emotional overload
- problem solving, listening, communication, handling crises and relapse
- current treatments including medications and side-effects
- information on the biological aspects of mental illness
- finding and using local supports and services
- the importance of advocacy

Pre-registration
is required

to register, visit our website
www.namimontcopa.org

For questions, contact:

Elaina Borchelt, administrative coordinator
215-361-7784

two classes available

Tuesday's 6:30 pm - 8:30 pm
Starting Sept 14th
Online

Monday's 6:30 pm - 8:30 pm
Starting Oct 11th
Online