

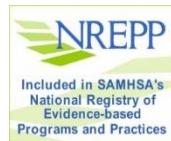


San Diego



**LIVE WELL
SAN DIEGO**

Family-to-Family Education Program



Included in SAMHSA's
National Registry of
Evidence-based
Programs and Practices

An Education Program for Families and Friends over the age of 18, who have a loved one also over the age of 18 years of age, who lives with mental health challenges.

This **FREE** 12 week Family-to-Family course is a NAMI Signature Program taught by trained teachers who share their lived experience of having a loved one living with mental health challenges.

	START	END	TIME	LOCATION
English	1/7/2019	4/8/2019	6:30-9:00PM	North Coast Calvary Chapel 1330 Poinsettia Lane Carlsbad 92011 MONDAYS
English	1/28/2019	4/22/2019	6:00-8:30PM	Rock Church 2277 Rosecrans Street San Diego 92106 MONDAYS
English	1/28/2019	4/29/2019	6:30-9:00PM	St. Gregory the Great 11451 Blue Cypress Drive San Diego 92131 MONDAYS
English	2/4/2019	4/29/2019	6:30-9:00pm	St. Timothy Lutheran Church 2602 Reo Drive San Diego 92139 MONDAYS
Spanish	2/21/2019	5/9/2019	6:30-9:00pm	St. James Lutheran 866 Imperial Beach Avenue Imperial Beach 92132 THURSDAYS
English	2/23/2019	5/11/2019	10:00am-12:30pm	New Creation Church 3115 Altadena Avenue San Diego 92105 SATURDAYS

Register here:

The above 12 Week courses are now open for registration. Please Ctrl + click the hyperlink, <https://namisandiego.org/calendar/> which will take you to the calendar. Locate the start date of the course and Ctrl + click, complete the registration information or email f2f@namisd.org

Our Curriculum:

CLASS 1: Introduction: Special features of the course; learning about the normative stages of our emotional reactions to the trauma of mental illness; our belief system and principles; your goals for your family member with mental illness; understanding illness symptoms as a "double-edged sword."

CLASS 2: Understanding Schizophrenia and Mood Episodes; characteristic features of psychotic illnesses; questions and answers about getting through the critical periods in mental illness; keeping a Crisis File.

CLASS 3: Mood Episodes, Borderline Personality Disorder, Anxiety Disorders, Post-traumatic Stress Disorder, Dual Diagnosis: Types and sub-types of Mood Episodes; Diagnostic criteria for Borderline Personality Disorder, Panic Disorder, Obsessive Compulsive Disorder; Post-traumatic Stress Disorder; Co-occurring brain and addictive disorders; Telling our stories.

CLASS 4: Basics About the Brain: Functions of key brain areas; research on functional and structural brain abnormalities in the major mental illnesses; genetic revolution in biological psychiatry; genetic transmission of major mental illnesses; infectious and neurodevelopmental "second hits" which may cause mental illness; the biology of recovery; individual stages of recovery from brain disorders.

CLASS 5: Problem Solving Skills Workshop: How to define a problem; sharing our problem statements; solving the problem; setting limits.

CLASS 6: Medication Review: How medications work; basic psychopharmacology of the mood disorders, anxiety disorders and schizophrenia; medication side effects; key treatment issues; Stages of adherence to medications; early warning signs of relapse.

CLASS 7: Inside Mental Illness: Understanding the subjective experience of coping with a brain disorder; problems in maintaining self-esteem and positive identity; gaining empathy for the psychological struggle to protect ones integrity in mental illness.

CLASS 8: Communication Skills Workshop: How illness interferes with the capacity to communicate; learning to be clear; how to respond when the topic is loaded; talking to the person behind the symptoms of mental illness.

CLASS 9: Self-care: Learning about family burden; sharing in relative groups; handling negative feelings of anger, entrapment, guilt and grief; how to balance our lives.

CLASS 10: The Vision and Potential of Recovery: Learning about key principles of rehabilitation and model programs of community support; a first-person account of recovery from a guest speaker (an individual living with mental illness).

CLASS 11: Advocacy: Challenging the power of stigma in our lives; learning how to change the system; meet and hear from people advocating for change.

CLASS 12: Review, Sharing and Evaluation: Certification ceremony; Party!