



FREE for family members, 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

Family to Family is a **FREE** series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. Over 1300,000 people in the U.S., Canada and Mexico have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to **call** for more information.

STARTING DATE –Tuesday, February 6, 2018

WHEN: February 6, 12 weekly classes

TIME: 6:00-8:30 PM

WHERE: Queens Hospital Center
Pavilion Building, Security will direct to room
82-68 164 street
Jamaica, NY 11432

To register: email namiqn@aol.com or call (718) 347-7284 or (516) 326-0697

www.namiqn.org www.facebook.com/namiqn

Co-Leaders Valerie Newman 516-514-5183, Jonathan Ager 917-941-6692,
Muriel Jon Baptiste 917-715-9725

Registration and interview required. Classes limited to 25 Participants.
Sponsored by NAMI New York State and NAMI Queens Nassau