



**Class Presented by
NAMI MID-HUDSON**

*** Connect * Share * Learn * Resources ***

Is your loved one experiencing symptoms of a mental health condition?
Is your loved one refusing treatment? Has your loved one been hospitalized?
Are you having a hard time coping?

**Register now and attend NAMI Mid-Hudson's
Free 12-week evidence-based educational class**

Family-to-Family

This course teaches knowledge about mental illness, treatment, medication, self-care strategies, wellness, plus the skills to more effectively solve problems and communicate better with your loved one.

**ANXIETY, MAJOR DEPRESSION, BIPOLAR DISORDER, SCHIZOAFFECTIVE DISORDER, SCHIZOPHRENIA,
BORDERLINE PERSONALITY DISORDER, PANIC DISORDER, PTSD, OCD,
CO-OCCURRING BRAIN AND ADDICTIVE DISORDERS**

Class size is limited! Pre-registration is required.

Eastern Dutchess – Millbrook NY

Mondays, 6/3/19 – 8/26/19

6:30 pm – 9:00 pm (every Monday except July 22nd)

or

Poughkeepsie NY Mondays, 9/16/19 – 12/2/19 7:00 - 9:30 pm

To register for either class, please call Jo Ann Brown at 845-832-6368

or email: jnbrown@optonline.net

For more information, please visit: www.namimidhudson.org

Classes held Spring and Fall each year.



Paid in Part by Dutchess County