# Free for family members, partners and friends

of individuals with the following mental health issues:

**Schizophrenia**

**Bipolar disorder, Major Depression**

**Co-occurring Brain and Addictive Disorders**

**Borderline Personality Disorder**

**Panic Disorder and Obsessive Compulsive Disorder (OCD)**

**Post-traumatic Stress Disorder (PTSD)**

**WHAT**: A series of 12 classes taught on consecutive Tuesdays structured to help **caregivers, family members, and friends** 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. There is no cost to participate in the NAMI Family-to-Family Education Program. Over 300,000 people in the U.S., Canada, Mexico, and Italy have completed this course. We think you will be pleased how much assistance the program offers. We invite you to call for more information.

Evidenced-based– learn the important role you play in your loved one’s recovery. People can and do recover.

**WHERE**: Greenstone Senior Park Clubhouse, 4700 Old Frenchtown Rd., Shingle Springs, CA

**WHEN**: The class meets weekly every Tuesday evening beginning **March 28th through June 6. Time: 6:30 – 9:00 pm**

**Call Jan 530 677-2676 or Maureen 530 350-8080**

**Email jan@namieldorado.org**

[www.nami.org](http://www.nami.org) Facebook – NAMI El Dorado County

