



# **NAMI** Family-to-Family

National Alliance on Mental Illness

NAMI Family-to-Family is a **FREE** evidence-based 12-week program that helps family members, caregivers and friends understand, support and become advocates for their loved one with serious mental health challenges, while maintaining their own wellbeing.

**Disorders covered include:**

- Depression
- Bipolar Disorder (Manic Depression)
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Anxiety Disorders, including Panic Disorder
- Posttraumatic Stress Disorder
- Obsessive Compulsive Disorder
- Co-Occurring Substance Use Disorders



**Participants will learn effective communication skills, problem-solving techniques, and how to manage their own stress in the caregiving role.**

Course teachers are trained NAMI family member volunteers who have experienced firsthand the difficulties of guiding their loved one to recovery from a mental illness.

Over 300,000 family members have graduated from this program.

Thousands have described the program as "life-changing."

**We invite you to call for more information or to register for the course.**

**Classes will be held Thursdays, Feb. 21 – May 9, 2019, 7:00-9:30 p.m.**

**Location: Westy's Gymnastics, 18 Park Dr., Franklin, NJ 07416**

**To register, call Michelle at 973-417-1783**

**Advance registration by phone is required. Class size is limited to 20.**

**This course is provided by**



**NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, NJ area on behalf of individuals and families affected by mental illness. [www.nami-sussex-nj.org](http://www.nami-sussex-nj.org) [www.facebook.com/namisussex](https://www.facebook.com/namisussex) Ph: 973-214-0632**