



NAMI Family-to-Family is a **FREE** evidence-based 8-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:**

- Depressive Disorder
- Bipolar Disorder
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Anxiety Disorders, including Panic Disorder
- Post-traumatic 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 and face crises as they arise.**

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 350,000 family members have graduated from this program nationwide.

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 Wednesdays, March 18 – May 6, 2020, 6:30-9:00 p.m.**

**Location in the Vernon area to be announced.**

**To register, call Jeri at 973-214-0632.**

**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](http://www.facebook.com/namisussex) Ph: 973-214-0632**