



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 Wednesdays, Sep. 12 – Dec. 5, 2018, 7:00-9:30 p.m.

Location: St. Mary's Episcopal Church, 85 Conestoga Trail, Sparta, NJ

To register, call Michelle at 973-417-1783 or email nami.sussex@gmail.com.

Pre-registration 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 www.facebook.com/namisussex Ph: 973-214-0632