



Presents: NAMI Family to Family Education Program

NAMI Family to Family is an 11-week program for those who have family members suffering from mental illness. Led by trained family-member facilitators, the **NAMI** course covers:

- Diagnostic criteria of common mental illnesses
- Our emotional response to the trauma of mental illness
- Biology of the brain, causes of mental illnesses, new research
- Listening/communicating techniques
- Understanding what it's like to have a mental illness
- Coping skills, handling crisis and relapse, self-care and family-care
- Finding community services and supports
- Advocacy, dealing with stigma and discrimination

Most of all, NAMI offers a confidential, safe place for people to learn and talk about mental illness in their family with others who understand, because we are all dealing with the same issues ourselves.

This program is provided free of charge by the Family Support Network.

When: begins **Tuesday March 28, 2017**

Time: 7:00 pm. to 9:00 pm.

Where: Canadian Mental Health Assoc. (CMHA)

41 Octavia Street,

Belleville, ON

Although the course is free, you do need to register. Please call Addictions and Mental Health Services **(613) 967-4734, Ext.259**. A facilitator will call you to confirm your registration and answer your questions.

NAMI – National Alliance on Mental Illness