

## NAMI Family to Family Course

**Do you have a relative or close friend coping with depression, bipolar disorder, anxiety, schizophrenia or other mental health condition?**

Learn more about the illness and ways to effectively support your loved one's mental health recovery.

NAMI's Family to Family Course is a free, 12-week program that covers the following topics and more:

- In-depth overview of the most common mental illnesses;
- Understanding how symptoms can affect thoughts, feelings and behavior;
- Coping skills, handling crisis and relapse;
- Listening and communication skills, problem solving and limit setting;
- Understanding the actual experience of those living with a mental health diagnosis;
- Importance of self-care while supporting a loved one's recovery;
- Basic information about medications and side effects;
- Community resources, advocacy and more.



**Register now for this class by calling  
Pat Scheel, (928) 716-7418**

**or**

**Joyce Grabowski 651-280-9485**

**FREE CLASS**

**Where:** Mount Olive Lutheran Church, 2170 Havasupai Blvd.

**When:** Saturday, September 1, through November 17, 2018

**Time:** 9 A.M. to 11:30 A.M.

**For:** Family members and close friends of a person with mental illness.

(Age limit: 18 and up.)

