

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.)

