

## 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.



**NAMI Havasu**

**Chaplain Joy Smith,  
President**

**FREE CLASS**

**This program is for:** Family members and close friends of a person with mental illness.

It is offered by NAMI Havasu, the local organization of the National Alliance on Mental Illness. The current program is near completion. NAMI Havasu will offer this training again early in 2018. *Space will be limited—participants will be received on the basis of “first come, first served.”* Please call today to assure attendance: Joyce Grabowski, 651 280-9485, Pat Scheel, 928 716-7418.

