

**We are taking reservations
for our next
Family-to-Family Class.**

**Time, day and location
(Middlefield, Chardon, or
Chesterland) to be determined
by interest.**

Classes fill up quickly!
Tear off, fill out and mail the registration on
the back of this section today.

For more information about classes,
educational speaker meetings, support
meetings, educational courses for peers,
families and friends or membership in NAMI
Geauga County visit our webpage at:
www.nami.org/sites/namigeauga or call us at:

440-286-NAMI (6264)

or email: LREED@namigeauga.org



Education materials are supported by:



**The Gauga Board
of Mental Health and
Recovery Services**

**Family-to-Family
Participant Comments**

*"I appreciated knowing the presenters
continue to live their own experiences as did
each of us in the class."*

*"I was repeatedly amazed at the thirst for
knowledge and understanding by members of
the group."*

*"The class provided much more information
than anticipated . . . This course really
opened my eyes."*

*"I found out about services available in
Gauga County that I was not previously
aware of."*

*"I learned a lot of things that have made me
feel more educated, more confident in
dealing with my loved one when he makes
"paranoid" comments. I also feel more
compassionate towards him and what he is
going through. The class gave us support
and hope, which we desperately needed."*

*"The interaction with others who are
experiencing the same things is invaluable."*

*"I feel I have become more tolerable and
more accepting of the behaviors and better
able to cope with my feelings concerning my
loved one."*

*"NAMI has provided an invaluable service
that has and will positively benefit my family
for many years."*

Brochure revised January 6, 2012, lr

*Need Help Coping with Your
Family Member's Illness?*



NAMI Geauga County
National Alliance on Mental Illness
**Family-to-Family
Education Program**

**A Free 12 Week Course
Offering Education and Support
To Families Who Have Relatives
with Serious Mental Illness**

**Time, day and location
(Middlefield, Chardon or
Chesterland) to be determined
by participant interest.**

Questions? Call 440-286-NAMI (6264)
or visit: www.namigeauga.org or
www.nami.org/sites/namigeauga
or email LREED@NAMIGEAUGA.ORG

NAMI Family-to-Family Education Program. . .

is a 12-week course for families and friends of individuals with brain disorders called mental illness. The course is taught by trained family members who have lived with this experience. All course materials are furnished at no cost to you.

Many family members describe the impact of this program as life changing. Join the thousands of families just like yours who have gained information, insight, understanding, and empowerment.

Family-to-Family class will be held each week for twelve weeks. Class *time* and *day* will be determined at our board meeting and then announced. Classes run 2 ½ hours.

“Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery.” Peter Weiden, M.D.

Time, day and location (Middlefield, Chardon, or Middlefield) to be determined by class interest.

We look forward to meeting you!

The Family-to-Family Course Topics Include:

1. Family responses to the trauma of mental illness
2. Schizophrenia, major depression and mania: Diagnosis and dealing with critical periods
3. Depression and bipolar subtypes; panic disorder; Obsessive Compulsive Disorder (OCD); Borderline Personality Disorder;
4. Co-occurring brain and addictive disorders
5. The biology of the brain: emerging scientific discoveries
6. Problem solving workshop
7. Medication review
8. Understanding the inner experience of having a mental illness
9. Communication skills workshop
10. Self-care; relative group testimony
11. Rehabilitation, services available in our community
12. Advocacy: fighting stigma, Celebration and certification ceremony

Family-to-Family is free. Register now!

I am interested in registering for the next session of Family-to-Family:

Name _____

Address _____

City _____

Zip Code _____

Phone _____

Cell _____

Email _____
(please print very clearly for accuracy)

mail registration to:



11850 Mayfield Rd. #1
Chardon, OH 44024

or email above information to Linda Reed at:

LREED@namigeauga.org