

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

Classes fill up quickly!
Fill out and mail the registration on the back
of this flap today.

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

440-285-3945

or email: LREED@mhageauga.org



Education materials are funded 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."*

Need Help Coping with Your Family Member's Illness?



Family-to-Family Education Program

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

Family-to-Family Classes meet at The
Gauga Board of Mental Health and
Recovery Services, West Gauga Library,
or the Middlefield Library on the same day
each week for 12 weeks. We offer classes
spring and fall.

Call 440-285-3945 for specific dates or
visit: www.nami.org/sites/namigeauga

or email LREED@MHAGEAUGA.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.

We will meet at the Geauga County Board of Mental Health and Recovery Services, 13244 Ravenna Rd. (Rte 44 between Rte 322 and Rte 87) across from the Geauga Regional Hospital UHHS or at the Middlefield Library on rt. 87 just east of rt. 608.

“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.

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.
Chardon, OH 44024

or email above information to Linda Reed at:

LREED@mhageauga.org