



Free Education 11 week Course on Mental Illness

Family to Family

This class offers education and support to family members and friends who have a loved one diagnosed with a mental condition. Registration is required.

- Facts and Feelings -Learning the Difference
- Introduction to Schizophrenia - Diagnosis and Causes
- Introduction to Depression and Bipolar Illness - Diagnosis and Causes
- Brain Basics
- Problem-Solving Skills
- Medication
- Empathy Workshop - What is it like to experience a brain disorder?
- Communication Skills
- Relative Groups and Self-Care
- Rehabilitation Strategies
- Advocacy
- Fighting Stigma
- Celebration! Certification is given to those completing the course.

Classes are team-taught by intensively trained family members. Participants are encouraged to support each other, to be knowledgeable, and to be effective members of a team that includes the family, the consumer, the doctor, and the case manager.

Through the Family to Family program, family members can learn to be effective providers and advocates for an ill relative. Many participants also find the emotional support that is so vital during times of illness and stress.

Classes offered each spring and fall

To reserve a spot in our next class or for more information call

440-285-3945 or email Linda Reed at lreed@mhageauga.org

www.nami.org/sites/namigeauga