



nami

FAMILY-TO-FAMILY EDUCATION PROGRAM

*Free for family members
of individuals with ...*

- MAJOR DEPRESSION
- BORDERLINE PERSONALITY DISORDER
- BIPOLAR DISORDER (MANIC DEPRESSION)
- SCHIZOPHRENIA AND SCHIZOAFFECTIVE DISORDER
- PANIC DISORDER AND OBSESSIVE COMPULSIVE DISORDER
- CO-OCCURRING BRAIN DISORDERS AND ADDICTIVE BEHAVIORS



Family-to-Family is a series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental health challenges while maintaining their own well-being.

The course is taught by a team of trained NAMI family member volunteers who know what it is like to have a loved one struggling with one of these brain disorders. *There is no cost to participate in the NAMI Family-to-Family Education Program.*

Over 300,000 family members have graduated from this program. According to an NIMH-funded study published June 2011 in *Psychiatric Services*, this program significantly improves a family's ability to cope with an ill relative's mental disorder.

Thousands of families describe the program as "life-changing." We think that you will be pleased by how much assistance this program offers. We invite you to call for more information.

CLASSES START:

Wednesday, March 21, 2018

7:00pm – 9:30pm

FIRST PRESBYTERIAN CHURCH

40 East Church Street, Washington, NJ 07882

For more information or to register, please phone or email:

ELAINE (908) 619-9619

NAMIWARRENCOUNTY@NAMINJ.ORG