



Family-to-Family Education Program

Free for Caregivers (family members, partners and friends) of individuals with a serious mental illness.

Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder

A series of *12 weekly classes* structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers who know what it's 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 80,000 people in the U.S., Canada and Mexico have completed this course.

We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

Classes Start: Wednesday, August 31, 2011

Place: Union City, CA

Classes will be held in the Nakamura Conference Room
33077 Alvarado Niles Rd. (Cross Streets - Dowe Ave. and Central Ave.)

Time: 6:30 pm to 9:00 pm

For caregivers only
Registration required
For registration information contact:
Michele Wms-Smith
510-790-1010
Michele@mhaac.org
Class is limited to 20 persons

The Family-to-Family Education
Program is sponsored and funded by
NAMI
(National Alliance on Mental Illness)
www.nami.org
www.namicalifornia.org