

Family-to-Family

12-week education course for family, partners, friends, and significant others of individuals living with mental illness

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CHICAGO

namichicago.org

What is the *Family-to-Family Education Program*?

Family-to-Family is a **free** 12 week education program designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know that it is like to have a loved one living with mental illness.

Family-to-Family classes are scheduled regularly. For more information or to be placed on our Family-to-Family list please call our office at (312) 563-0445.

The free course includes the following topics:

- Schizophrenia, Depression, Bipolar Disorder, Posttraumatic Stress Disorder, Borderline Personality Disorder, Anxiety & Obsessive Compulsive Disorder
- Diagnosis and critical periods
- Handling periods of crisis and relapse
- Information on medications
- Gaining empathy by understanding what a person with mental illness experiences
- Problem solving and communication techniques
- Recovery and rehabilitation
- Self-care for the caregiver; coping with worry, stress and overload



Not available to participate in 12 week class? Our Family Support Group meets the 2nd Monday of each month from 6:30-8:30pm at Illinois Masonic Hospital.

Call NAMI Chicago to register for Family-to-Family (312) 563-0445

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking the course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."
-Family-to-Family Graduate



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