



FOR CAREGIVERS

A FREE 10-week course for caregivers of persons with a mental illness

The NAMI Family-to-Family Education Program is a 10-week course for persons who have family members who are suffering from mental illness. It is conducted by trained family members who have lived with this experience. All course materials are furnished at no cost to you.

This course is designed for the caregivers of people who have been diagnosed with schizophrenia, major depression, bipolar illness, (manic depression), panic disorder, obsessive compulsive disorder (OCD), or personality disorder or who exhibit behaviors that strongly suggest one of these diagnoses.

Many family members describe this program as life changing. The course discusses the clinical treatment of serious mental illnesses and teaches the knowledge and skills that family members, partners and friends need to cope more effectively.

The course is not appropriate for individuals who are themselves suffering from one of these mental illnesses.

Now being offered in Pembroke. Register now - Only 20 spaces available!

Wednesdays from 6:00 to 8:30 pm
Starting on September 12, 2018
Location: TBD Pembroke

For information and to pre-register:

By email: f2fontario@bell.net (preferred)
By tel: (613) 732-8770 Ext. 8004

Family-to-Family Education Programs, Ontario
www.f2fontario.ca



Course topics include:

- **Our emotional responses to the trauma of mental illness.**
- **Symptoms and diagnosis of common mental illnesses: Schizophrenia, Depression, Bipolar Illness (Manic Depression), Borderline Personality Disorder, Panic Disorder, Obsessive Compulsive Disorder (OCD).**
- **The biology of the brain, and new research.**
- **Coping skills; handling crisis and relapse.**
- **Understanding what it's like to have a mental illness.**
- **Listening and communication techniques.**
- **Problem solving and limit setting; rehabilitation.**
- **Self-care; recognizing the normal emotional reactions to chronic worry and stress caused by mental illness.**
- **Medications used to treat mental illness, and their side effects.**
- **Connecting with appropriate community services and community supports.**
- **Advocacy: Getting better services, fighting discrimination.**