

FAMILY-TO-FAMILY EDUCATION

Information - Insight - Understanding – Empowerment

NAMI (National Alliance on Mental Illness) is a grassroots organization of and by family members and people living with mental illness. NAMI Ventura County provides Education, Support and Advocacy for all people affected by brain disorders.

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people living with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

This program is taught by NAMI-trained family members who have been there, and includes presentations, discussions, and interactive exercises. Family-to-Family balances education and skill-training with self-care, empowerment, and emotional support.

Learn How To Support Family Members, Partners and Friends with:

- Major Depression • Bipolar Disorder (Manic Depression) •
- Schizophrenia • Schizoaffective Disorder • Borderline Personality Disorder •
- Panic & Anxiety Disorders • Obsessive Compulsive Disorder •
- Dual Diagnosis & Addictive Disorders • Post Traumatic Stress Disorder •

And More...

NEW CLASSES START SOON

There is no cost to participate in the NAMI Family-to-Family Education Program.

This class is the first step to help your loved one on the road to recovery. Classes limited to 25 persons.

Sign Up Today

Get Information & Register at: www.namiventura.org/registration/?source=faf

Enrollment restricted to attendees to family, significant others and friends of people living with mental health conditions.



NAMI Ventura County

What You'll Gain With Family-to-Family

The NAMI Family-to-Family Education is a peer family education program designed to foster learning, healing and empowerment among individuals supporting loved ones living with serious mental illness. The program not only provides information and strategies for taking care of the person you love, but you'll also find out that you're not alone.

Recovery is a Journey, and There is Hope

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—experience compassion and reinforcement from people who understand your situation. Sharing your own experience may help others in your class. In the program, you'll learn about:

- How to solve problems and communicate effectively •
 - Taking care of yourself and managing your stress •
 - Supporting your loved one with compassion •
 - Finding and using local supports and services •
- Up-to-date information on mental health conditions and how they affect the brain •
 - How to handle a crisis •
 - Current treatments and therapies •
- The impact of mental health conditions on the entire family •

The NAMI Family-To-Family Education Program is appropriate for parents, siblings, other family members and all significant others of person with severe and persistent mental illness. Individuals who are diagnosed with a major mental illness may attend the course if their condition is stable and they are the primary caregiver of another person living with a mental health condition.

Sign Up Today

Get Information & Register at: www.namiventura.org/registration/?source=faf

For more information email info@namiventura.org or call 805-641-2426

There is no charge for the class, however advance registration is required.