



August 14, 2009

**FOR IMMEDIATE RELEASE:**

Contact:  
Anita Fisher  
Education Director  
(619) 398-9851  
anitafisher@namisd.org

**Learning about mental illness is a step towards recovery—sign up for free classes today!**

SAN DIEGO— There are more than 240,000 people in San Diego who experience mental illness. You or your loved one may be one of them and learning about mental illness is one of the most helpful things you can do to aid in the recovery process.

The National Alliance on Mental Illness (NAMI San Diego) is here to help. They offer classes at no charge for both loved ones of those who have mental illness and those who experience it themselves.

Family-to-Family is a program comprised of a series of 12 classes for the families of persons with serious and persistent brain disorders (mental illnesses). These classes are small and represent a new concept and curriculum. In this model, the course co-teachers are family members themselves and the course has been designed and written by an experienced family member-mental health professional. The course balances education and skill-training with self care, emotional support and empowerment.

Important components of the course are:

- Learning about feelings, learning about facts
- Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology/new research
- Problem solving workshop
- Medication review
- Empathy workshop - what it's like to have a brain disorder
- Communication skills workshop
- Self-care

- Rehabilitation services-what's available
- Advocacy: fighting stigma

Eight new Family-to-Family classes are starting for fall/winter 2009/2010, and new ones are being added frequently. Classes will be held in Spring Valley, Carlsbad, San Carlos, Rancho Bernardo, Clairemont and San Diego. All participants must be registered in order to attend, so please call 1-619-543-1434 or 1-800-523-5933.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses, which, really, is all of us in one way or another.

For more information, visit us online at [www.namisandiego.org](http://www.namisandiego.org) or call 1-800-523-5933.

###