

Family-to-Family Education Program

There are more Family-to-Family Courses coming soon, in East County, North Inland County, Central, North Central, South Bay, and North Coastal.

An Education Program for Families and Friends over the age of 18, who have a loved one also over the age of 18 years of age, who lives with a mental illness.

This **FREE** 12 week class course series is taught by trained family members who have lived with the experience of having a family member diagnosed with mental illness.

The Family-to-Family course topics include:

- Current Information on Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology
- Problem solving workshop
- Medication review & Side effects
- Empathy workshop
- Communication skills workshop
- Self-care
- Rehabilitation services
- Advocacy - fighting stigma

To register, please email f2f@namisd.org, complete the interest list form at <https://namisandiego.org/event-registration/?ee=1128>, or call Annette at (858) 634-6580 x114.

