

Free education class for family and friends of individuals affected with mental health issues

FAMILY TO FAMILY

The Family-To-Family Education Program is a 12-week course for family caregivers and friends of individuals affected with a serious brain disorder, i.e. mental illness. F2F is taught by trained family member volunteers.. **All instruction and course materials are free for class participants.**

Family-to-Family classes are offered in hundreds of communities in 46 states as well as in two Canadian provinces, Puerto Rico and Mexico.. The program is funded by the Mass. Department of Mental Health and NAMI-Massachusetts.

The Family-to-Family curriculum utilizes a variety of teaching techniques and includes a broad range of topics:

- Information about Bipolar Disorder, Major Depression, Schizophrenia, Borderline Personality Disorder, Panic Disorder and Obsessive Compulsive Disorder (OCD)
- Coping skills, handling crisis and relapse
- Listening and communication techniques
- Problem solving and limit setting; rehabilitation
- Understanding the actual experience of people suffering from mental illness
- Self-care; learning how to recognize normal emotional reactions among families
- Basic information about medications and their side effects
- Information about connecting with appropriate community services and community supports
- Advocacy; getting better services, fighting discrimination and stigma

Class Starts: Thursday, March 4, 2010

Location: The Edinburg Center Clinic, 169 Elm Street, Waltham

Time: 7p – 9:30p

PRE-REGISTRATION IS REQUIRED

For more information or to register for the Family to Family Course, contact:

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