



## ***For Parents, Spouses, Grandparents, Adult Siblings and Family Caregivers***

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### ***What is NAMI's Family-to-Family Education Program?***

A FREE 12-week course for family/caregivers of persons with severe mental health challenges; Schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, co-occurring & addictive disorders.

### ***What You'll Gain***

NAMI Family-to-Family not only provides critical 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—you can experience compassion and reinforcement from people who understand. You can also help others through your own experience. In the program, you'll learn about:

- The impact of mental illness on the entire family
- How to manage crisis, relapse, communication, problem solving, boundaries, limit setting
- Current treatments, including evidence-based therapies, medications and side effects
- Developing the confidence and stamina to provide support with compassion
- Up-to-date information on mental health conditions and how they affect the brain
- Taking care of yourself, reducing chronic worry and stress
- Advocating for your loved one

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#### ***Family-to-Family Classes***

***Where***

***When***

***March 2<sup>nd</sup> – May 4<sup>th</sup> 2019 (12 weeks)***

***Bermuda Dunes Learning Center 42115 Yucca Lane, BD***

***Saturdays, 10am-1230pm***

***Membership***

***Class is limited first come basis***

***Registration required by email***

***Membership is vital to continue our programs***

***All instruction and course materials are included***

***Email: [namicoachellavalley@gmail.com](mailto:namicoachellavalley@gmail.com)***

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#### **NAMI COACHELLA VALLEY**

PO Box 4015 Palm Desert, Ca 92261 Phone (442)275-7385

Email: [namicoachellavalley@gmail.com](mailto:namicoachellavalley@gmail.com)

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