



FAMILY-TO-FAMILY EDUCATION PROGRAM

Free for family members, partners and friends
of individuals with:

Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia or Schizoaffective Disorder
Post-Traumatic Stress Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Co-occurring Brain Disorders and Addictive Disorders

This class is especially friendly to but not exclusive to veterans (as family members) and the family members of military veterans.

A series of 12 weekly (skipping the day before Thanksgiving) classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own wellbeing. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. **There is no cost to participate in the NAMI Family-to-Family Education Program.** More than 120,000 people in the U.S., Canada and Mexico have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

Classes Start: Wednesday, September 16, 2009

At the West Roxbury VA Hospital (Bldg 3, room 2B100)
1400 VFW Parkway, West Roxbury, MA 02132
(617) 323-7700
7:00 – 9:30 p.m.

Registration required: call 617-522-7439 for information and to register, or call NAMI at 781-938-4048, or email MZanger@comcast.net

Check out <http://www.namimass.org/family/family.htm> for other MA locations.

This NAMI Family-to-Family Education Program is sponsored by NAMI Mass. and the Mass. Department of Mental Health, with assistance from the United States Department of Veterans Affairs.