



# **FAMILY-TO-FAMILY EDUCATION PROGRAM**

**SPRING 2014 (Mar 12-May 28, 2014)**

*A **FREE** program that moves families from despair and isolation to hope and empowerment as it offers education and support for family members of close relatives with the following illnesses:*

**Major Depression**  
**Bipolar Disorder (formerly called Manic Depression)**  
**Schizophrenia and Schizoaffective Disorder**  
**Borderline Personality Disorder**  
**Panic Disorder and Obsessive Compulsive Disorder**  
**Post Traumatic Stress Disorder**  
**Co-Occurring Brain and Addictive Disorders**

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. In addition to gaining knowledge about these mental disorders, class members will be taught coping skills, such as handling crisis and relapse, and get information about medications, listening and communication techniques, problem-solving, recovery and rehabilitation, and self-care in the midst of worry and stress.

The course is taught by a team of trained NAMI family member volunteers who know what it is like to have a loved one struggling with one of these brain disorders. Each class member will receive a 350 page course notebook. Over 300,000 people in the US, Canada, Mexico, and Italy have completed this course. The program is sponsored by the National Alliance on Mental Illness of Santa Barbara County as well as the California Department of Mental Health and the Santa Barbara County Alcohol, Drug and Mental Health Services. NAMI introduced this program in 1996.

Class members include parents, siblings, children, spouses, partners, and significant others of persons with severe and persistent mental illness. It really does make a difference!

*Please call Family Advocate Carol Hawkes (805)884-8440 x3206  
chawkes@mentalwellnesscenter.org  
Mental Wellness Center; [www.mentalwellnesscenter.org](http://www.mentalwellnesscenter.org)  
Registration required*

11/07/14