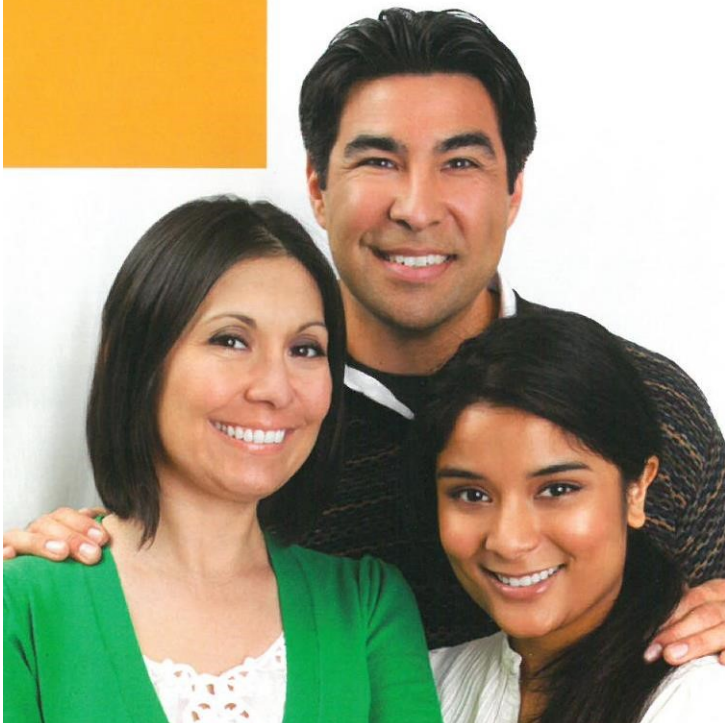


Family-to-Family

**A Free Peer
Education Program**



Course Topics Include:

- Family response to trauma
- Diagnosis & dealing with critical periods
- Subtypes of these MH conditions and co-occurring brain addictive disorders
- The biology of the brain; emerging scientific discoveries
- Problem solving workshop
- Medication review
- Understanding the inner experience of having a mental health condition
- Communications skills workshop
- Self-care, Relative group testimony
- Rehabilitation; services available
- Advocacy: fighting stigma
- Celebration & certification ceremony

Who should attend: family members and caregivers of an individual living with a mental health condition who is over the age of 18.

NAMI's Family-to-Family Education Program

is a 12-week evidence based program for families and caregivers of individuals dealing with Major Depression, Bi-Polar Disorder, Schizophrenia, Obsessive Compulsive Disorder, Panic Disorder, Post Traumatic Stress Disorder and Borderline Personality Disorder. The course is taught by trained family members who have chosen to become instructors after being empowered as a result of taking this course. Many family members describe this program as life changing. Join the thousands of families who have gained information, insight, understanding, and empowerment from attending this NAMI signature program.

All course materials furnished at no cost.

Save the Dates!

Jan. 17 to April 4, 2019

(12 Thursdays)

6:00 to 8:30 p.m.

Heritage Church

2700 Middle Rd.

Bettendorf, IA 52722

To Register:

563-386-7477 Ext 266 (M-F 10-2)

Or online at:

<https://bit.ly/2Dz7w1T>

**Registration is open through
January 24 (up to class 2)**