

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
- Medication review
- Understanding the inner experience of having a mental health condition
- Communications skills
- Self-care
- Rehabilitation
- Services Available
- Advocacy: fighting stigma

*This seminar is made possible by a grant from the
Henry County Mental Health 708 Board*

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 FREE 8 week evidence-based program for families and caregivers of individuals dealing with a mental health condition. 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 program.

(8 Tuesdays)

Oct. 1—Nov. 19, 2024

6 to 8:30 p.m.



Hill Church

107 N Main St, Kewanee, IL

REGISTER TODAY:

Online: <https://bit.ly/3yas6Tw>

Call: 563-386-7477 x266

Registration deadline is October 8

