

Additional Family-to-Family and Basics Education Courses Winter and Spring 2012

NAMI affiliates offer education and support courses for family members of people who have Post-Traumatic Stress Disorder, Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia and Schizoaffective Disorder, Borderline Personality Disorder, Panic Disorder, Obsessive Compulsive Disorder, and Co-occurring Brain and Addictive Disorders. Family-to-Family is a 12 week course for family members of adults who have these disorders and Basics is a 6 week course for family members of children who have mental illness. Classes help caregivers understand and support their family member while maintaining their own well-being. 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.

Event: NAMI Philadelphia **Family-to-Family Education Program**
Dates: Meets once a week for 12 weeks, beginning on Wednesday, **January 18**, from 3:00-5:30 p.m.
Place: TUHS – Episcopal Campus, Fox Lobby Conference Room (Philadelphia)
Note: For more information or to register, contact Jay Finestone, Director Social Work TUHS-Episcopal, at 215-707-0379.

Event: NAMI PA, Montgomery County **Family-to-Family Education Program**
Dates: Meets once a week for 12 weeks, beginning on Wednesday, **February 6**, from 6:30-9:00 p.m.
Place: 100 W. Main Street, Suite 204 in Lansdale (Montgomery County)
Note: *Registration is required.* The deadline for registration is January 30th. For more information or to register, call 215-361-7784.

Event: Chester County NAMI **Family-to-Family Education Program**
Date: Beginning Thursday, February 7, and meeting once a week for 12 weeks, 7:00-9:30 p.m.
Place: Peer Center, 825 Paoli Pike, West Chester. Classes are held on the 3rd floor. (Chester County)
Note: Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. If you have questions or to register, contact Chester County NAMI at namichesco@comcast.com or 484-947-5643.

Event: NAMI PA, Montgomery County **Family-to-Family Education Program**
Dates: Meets once a week for 12 weeks, beginning on Tuesday, **February 21**, from 6:30-9:00 p.m.
Place: Montgomery County Human Services Center, 1430 DeKalb Pike in Norristown (Montgomery County)
Note: *Registration is required.* The deadline for registration is January 14th. For more information or to register, call 215-361-7784.

Event: NAMI PA, Bucks County **Family-to-Family Education Program**
Dates: Meets once a week for 12 weeks, beginning in **March**, exact dates and times to be determined.
Place: Offered in **Upper** and **Lower Bucks** County, exact locations to be determined.
Note: If you are interested in taking this course, please call 1-866-399-NAMI (6264).
Registration is required. Class size is limited and fills up quickly.

Event: **NAMI Basics Education Program**
Dates: Meets once a week for 6 weeks, beginning in **March**, exact dates and times to be determined.
Place: Possible locations in Bucks and Montgomery Counties. Exact location to be decided.
Note: NAMI Basics teaches the fundamentals of caring for you, your family and your child with mental illness. NAMI Basics is the new signature education program for parents and other primary caregivers of children and adolescents living with mental illnesses. *Pre-registration is required* and will help determine the location of the course(s). Please contact your local NAMI affiliate for more information and/or for pre-registration: NAMI PA, Bucks County (866-399-6264), NAMI PA, Main Line (267-251-6240), or NAMI PA, Montgomery County (215-361-7784).

Event: NAMI Philadelphia **Programa Educacional De Familia A Familia** (Family-to-Family)
Note: Un programa Educacional para Familiares y Amigos de Personas que viven con un diagnóstico de Salud Mental. De Familia a Familia (F2F) es una serie de 12 clases semanales, estructuradas para ayudar a entender y apoyar a aquellos seres queridos que viven con un diagnóstico de una enfermedad mental y las posibilidades de una Recuperación. De Familia a Familia - es un curso gratuito, cuyo unico requisito es tener un familiar o ser querido/relacionado adulto con un diagnóstico de enfermedad mental severa. Para mas información: Ramón Castro (610-291-2549), facilitador Familia a Familia.