



**FREE Education Classes begin
Monday, August 31st at 6:00pm**

The 12-Week series of classes each Monday are specifically designed for parents, siblings, spouses, and significant others of persons diagnosed with a serious mental illness. The course will cover topics such as:

- Schizophrenia, Bipolar D/O, Schizoaffective D/O, Clinical Depression, OCD, PTSD, etc.
- Coping skills for handling crisis and relapses
- Information about medication
- Listening and communication techniques
- Problem-solving skills
- Recovery and rehabilitation

For more information call (337) 433-0219