



# NAMI Family-to-Family

National Alliance on Mental Illness

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## TEACHER TRAINING!

The NAMI Family-to-Family Education Program is a free 12-week course for families and friends of individuals with brain disorders called serious mental illness. Trained family members who have lived with this experience teach this course.

**Register today for the training!**

**All course materials are provided.**

Many family members describe the impact of this program as *life changing*.

Join thousands of families just like yours who have gained information, insight, understanding, and empowerment.

### Course Topics Include:

1. Introduction
2. Symptoms of Schizophrenia, Major Depression, and Bipolar Disorder
3. Subtypes of Depression and Bipolar Disorder, Panic Disorder, OCD, Borderline Personality Disorder and telling our stories
4. Basics about brain biology and causes of brain disorders
5. Problem Solving Workshop
6. Medication Review
7. Empathy: Inside Mental Illness
8. Communication Skills Workshop
9. Self-Care
10. Rehabilitation: Making Choices for Recovery
11. Advocacy: Fighting Stigma
12. Evaluation, Certification, and Celebration!

**REGISTER  
TODAY!**

**FIND HELP. FIND HOPE.**

**DATE:** July 13,14,15, 2018  
**TIME:** 1:00 p.m.  
**LOCATION:** Drury Inn, Montgomery, AL  
**CONTACT:** Joan Elder  
**TELEPHONE:** 205-527-4776  
**For more info visit:** [www.NAMIALabama.org](http://www.NAMIALabama.org)