

Family-to-Family is a **FREE** evidence-based 12-week program that helps family members, caregivers and friends understand, support and become advocates for their loved one with serious mental health challenges, while maintaining their own wellbeing.

Disorders covered include:

- Depression
- Bipolar Disorder (Manic Depression)
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Anxiety Disorders, including Panic Disorder
- Posttraumatic Stress Disorder
- Obsessive Compulsive Disorder
- Co-Occurring Substance Use Disorders



Participants will learn effective communication skills, problem-solving techniques, and how to manage their own stress in the care giving role.

Course teachers are trained NAMI family member volunteers who have experienced firsthand the difficulties of guiding their loved one to recovery from a mental illness.

Over 300,000 family members have graduated from this program.

Thousands have described the program as "life-changing."

We invite you to call for more information or to register for the course.

Classes will be held Tuesdays, Feb. 21 - May 9, 2017, 6:30-9:00 p.m.

This course is provided by



at Bridgeway, 93 Stickles Pond Rd., Newton 07860

To register, call 973-214-0632.

Pre-registration is required. Class size is limited to 20.