The NAMI Family-to-Family Education program is taught throughout the Canada and United States, and is also offered in Mexico and Italy.

To date, hundreds of thousands of family members have taken the course world-wide

Courses are open to all caregivers of adults with mental illness.

It is recommended that program participants be at least 18 years of age.

All persons interested in the course are interviewed by the facilitators to gain an understanding of the family situation, and level of need.

Please note that registration is limited, and the course fills up very quickly. To ensure a spot, please register no later than **July 31, 2018**

Attendance is required at all 10 of the weekly sessions.

For more information, or to register:
Phone: 519-752-2998, ext. 112

The NAMI Family-to-Family Education Program is proudly sponsored by the Canadian Mental Health Association - Brant Haldimand Norfolk Branch

Canadian Mental Health Association
Brant Haldimand Norfolk
Mental health for all

Visit the NAMI website for more information on the program

NAMI FAMILY TO FAMILY EDUCATION PROGRAM

Please note: Spanish language session not offered in our location, as indicated in this link

Canadian Mental Health Association, Brant Haldimand Norfolk Branch Contact Information

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Website: bhn.cmha.ca

NAMI
National Alliance on Mental Illness

The NAMI Family-to-Family Education Program

A free, *10 week course for family or friends of persons living with mental illness

When:

*10 consecutive evenings, *once* per week,

***Thursday, September 13 - Thursday, November 15, 2018**

7- 9 p.m.

Where:

Canadian Mental Health Association, Brant Haldimand Norfolk Branch,

Brantford location
Boardroom, 44 King Street, Suite 205, Brantford, ON

You are Not Alone

Despite gains in treatment and opportunities for recovery, coping with the difficulties that many people encounter in caring for a relative or friend with mental illness can be difficult.

The NAMI Family-to-Family Education Program is a 12-week course for families and friends of adults living with schizophrenia, bipolar disorder, clinical depression, anxiety disorders and borderline personality disorder.

Course participants gain vital information, insight and understanding of their loved one, that many describe as **life-changing**.

Family-to-Family provides caregivers with communication and problem-solving techniques, coping mechanisms and the self-care skills needed to deal with their loved one's mental illness, as well as its impact on the family.

Education and Support for Families

Why is Family-to-Family unique?

The course provides insight into, and resolution of, the profound concerns experienced by families, close relatives and friends as they strive to cope with the realities of serious mental illness.

Caregivers not only learn a wide range of information about mental illness, they also learn to understand how living with mental illness affects their loved one.

The course is taught by trained family members, who have a loved one with mental illness. It follows a structured format, covering issues frequently faced by families living with mental illness.

The NAMI Family-to-Family Education Program teaches the knowledge and skills that family members need to effectively support their loved one, and manage their own mental health.

Why attend the course?

There are many reasons for, and benefits to, attending the Family- to-Family Education Program as follows:

- Participants will be family members just like you, going through similar experiences
- Confidentiality is strictly maintained, which means you can speak freely and comfortably
- Current and up-to-date information is presented on brain research related to mental illness
- Learn how families can become advocates for better treatments for their relatives
- Learn about the medication issues involved in mental illness and the latest treatment options
- Learn to cope with worry and stress; learn to focus on care for you as well as your loved ones

Testimonials from actual program participants

" The course gave me hope that it will be okay, that I am not alone and reduced a lot of shame, guilt and hopelessness. I see my wife now as someone who is ill and not as someone having a character flaw. The course helped me educate my children about their mother's illness and increased my compassion for my wife and others who have mental illness"

"I thought my wife and I knew just about everything there is to know about the system and the illness. Boy, were we wrong! Without a doubt, this is the best support course I have had the privilege of taking part in, bar none."