



FOR CAREGIVERS

A FREE 8-week course for caregivers of adults with mental health disorders

Described by past participants as life changing, **NAMI Family-to-Family** is an 8-week education program for family, friends, and significant others of adults with a mental illness. There is no fee to attend, and all course materials are provided at no cost to you.

The course is designed to help all family members understand and support their loved one with a mental illness, while maintaining their own well-being. The course topics are described on the right.

The **NAMI Family-to-Family** course is taught by trained family members who have a loved one living with mental illness. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.



Course topics include:

- Understanding mental health issues and preparing for crisis.
- Getting a diagnosis.
- An overview of depressive disorders, schizophrenia and schizoaffective disorders, bipolar disorder, anxiety and other mental health disorders
- Treatment options for mental health disorders.
- The biology of the brain, medications and side effects.
- Listening and communication techniques.
- Problem solving and limit setting.
- Understanding what it's like to have a mental illness
- Recovery and rehabilitation as they relate to mental illness
- Moving forward and self-care.

Register now for the next course
Space is limited.

Dates: Thursday, February 16, 2023
- Thursday, April 6, 2023

Time: 7:00 p.m. - 9 :00 p.m.

Location: Virtual via Zoom

For information and to pre-register:

Contact Person for the GTA:

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CMHA Toronto

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**Contact Person for the Brant
Haldimand Norfolk area:**

Lisa Mackay, *Mental Health Promotion
Facilitator*, CMHA BHN

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Registration Deadline:

Friday, February 3, 2023

Family-to-Family Education Programs, Ontario
www.f2fontario.ca

Presented by the CMHA Toronto and CMHA Brant Haldimand Norfolk Branches



Canadian Mental
Health Association
Toronto



Canadian Mental
Health Association
Brant-Haldimand-Norfolk
Mental health for all