



National Alliance on Mental Illness

FOR CAREGIVERS

**A FREE 8-SESSION
COURSE FOR
CAREGIVERS OF ADULTS
WITH MENTAL ILLNESS**

Described by past participants as life changing, the NAMI Family-to-Family is an 8-session education program for family, friends and significant others of adults with mental health concerns. 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 health concerns while maintaining their own well-being. The course topics are described on the right-hand panel.

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

Dates: 8 consecutive weeks commencing Saturday, February 15, 2025, until Saturday, April 5, 2025

Time: 10:30 a.m. - 12 noon

Location: CMHA BHN (Brant site) Alternatives Activity Centre, 20 Darling Street (Chelsea Place Building) Brantford, ON

These sessions will be offered in a hybrid format. Participants have the choice of attending in person, or virtually by Zoom

To register, or for more information:

Contact : Lisa Mackay

By email: lisam@cmhabhn.ca

By telephone: 519-752-2998, ext. 103
Register now. Limited space available

Registration deadline: January 31, 2025

Course topics include:

- Understanding mental health concerns and preparing for crisis.
- Getting a diagnosis
- An overview of depressive disorders, schizophrenia and schizoaffective disorders, bipolar disorder, anxiety and other mental health concerns
- Treatment options for mental health concerns.
- 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 health concern.
- Recovery and rehabilitation as they relate to mental health concerns.
- Moving forward and self-care.



To learn more about the
NAMI Family to Family Education Program,
visit <https://www.f2fontario.ca/family-to-family-course>