



**FOR CAREGIVERS**

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

Described by past participants as life changing, 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.

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](http://nami.org/research).

**Dates** : Thursday, September 21, 2023 - Thursday, November 9, 2023

**Time**: 6:30 p.m. - 8:30 p.m.

**Location**: CMHA BHN (Brant site) 44 King Street, Upstairs Boardroom, Suite 205, Brantford

*Please note, these sessions will be offered in a hybrid format, both in person and virtual.*

**For more information, or to register:**

**Contact** : Lisa Mackay

**By email**: [lisam@cmhabhn.ca](mailto:lisam@cmhabhn.ca)

**By telephone**: 519-752-2298, ext. 103

Register now. Limited space available

**Registration deadline: Friday, September 8, 2023**

[NAMI Family-to-Family Programs, Ontario \(f2fontario.ca\)](http://nami.org/f2fontario.ca)

**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 concerns.
- Recovery and rehabilitation as they relate to mental health concerns.
- Moving forward and self-care.

