



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

**Dates:** 8 consecutive weeks commencing Thursday, May 1 until Thursday, June 19 2025

**Time:** 6:30 p.m. - 9:30 p.m.

**Location:** Canadian Mental Health Association, Brant Haldimand Norfolk (Brant location) 44 King Street, Suite 203 (upstairs) 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](mailto:lisam@cmhabhn.ca)

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

**Registration deadline: Friday, April 25, 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>