



# NAMI Family-to-Family

National Alliance on Mental Illness

## Brevard County

### *Do you have a family member living with Mental Health Issues?*

A series of 8 sessions structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. There is **no cost** to participate in the NAMI Family-to-Family Education Program.

The NAMI Educational Program will be announced as soon as a location and time has been determined. Please keep a look out for this announcement. We look forward to seeing you once again!

**To register or for more information,**

**Contact:**

**(321) 345-6365**

**[namibrevard@gmail.com](mailto:namibrevard@gmail.com)**

## Mental Health Matters

**FREE** for family members, partners, and friends of individuals with:

*Major Depression*

*Bipolar Disorder (Manic Depression)*

*Schizophrenia and Schizoaffective Disorder*

*Borderline Personality Disorder*

*Panic Disorder and Obsessive-Compulsive Disorder*

*Post-Traumatic Stress Disorder (PTSD)*

*Co-occurring Brain Disorders and Addictive Disorders*

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#### Up-to-date Information on:

- ◆ Current treatments and therapies
- ◆ Managing Mental Health crisis
- ◆ Solve problems & Communication Skills
- ◆ Develop support with Compassion