



## Brevard County

**Due to the recent uptick in serious Covid-19 cases in Brevard County, the Family-to-Family class scheduled to begin on September 13, 2021 is being postponed. The new start date will be scheduled when the Covid-19 situation eases. Please check back for updates.**

### *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.

Attendance is expected for all sessions

**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*

**Up-to-date Information on:**

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

**For more information, please contact:**

**(321) 345-6365 or [namibrevard@gmail.com](mailto:namibrevard@gmail.com)**

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