



Education Program

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

A series of 12 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.** Over 300,000 people in the U.S., Canada, Mexico, and Northern Italy have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

The NAMI Family-to-Family program has been shown to lead to positive life changes for participants that enable them to feel more in control of their own lives including:

- Significantly greater overall empowerment as well as empowerment within their family, the service system and their community
- Greater knowledge of mental illness;
- A higher rating of coping skills;
- Lower ratings of anxiety related to being able to control conditions; and
- Higher reported levels of problem-solving skills related to family functioning.

Classes Start: Mondays, May 1st
American Red Cross Central Florida Region
1700 Cedar Street, Rockledge, Florida 32955
6:00 – 8:30 p.m.

To register, please contact
[\(321\) 259-8854](tel:3212598854) caudelo@cfl.rr.com or [\(321\) 453-4462](tel:3214534462) skittles@cfl.rr.com