



NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

A Free 12-week Class for Family Members, Partners, and Significant Others who have Adult Relatives with Mental Illness

- Current information about anxiety disorders, bipolar disorder, depression, schizophrenia and co-occurring brain and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research about the biology of brain disorders and the most effective treatments to promote recovery
- Understanding the lived experience of a person who has mental illness
- Problem solving and communication techniques
- Strategies for handling crises and relapse
- Care for the caregiver: coping with worry, stress, and emotional overload

Family members of adults living with mental illness have substantial unmet need for education and support. In our experience, Family-to-Family has helped to address that unmet need.

Authors of a study published in *Psychiatric Services*, a journal of the American Psychiatric Association

September 5 to November 21, 2019

First Congregational Church

608 West 4th Street in Waterloo

Every Thursday, 6 to 8:30 pm

To register, contact NAMI Black Hawk County by August 15 at 319-235-5263 or namibh@gwestoffice.net

****Please note that this class may fill up before the deadline****

This project is supported through: CBE Group * Cedar Falls Health Trust * Cedar Valley Dance
Cedar Valley United Way * Community Foundation of Northeast Iowa * County Mental Health and Disability
Services * Guernsey Foundation * MercyOne Waterloo Medical Center * Otto Schoitz Foundation
Sam's Club-Walmart Foundation * UnityPoint Health-Allen Hospital * Veridian Credit Union