



National Alliance on Mental Illness

## Family-to-Family Free Education Program

For family members and close friends of persons living with Post-Traumatic Stress Disorder (PTSD), Major Depression, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Panic Disorder, Obsessive Compulsive Disorder, or Borderline Personality Disorder

This free series of 12 weekly classes is taught by trained NAMI members who have experienced having a loved one with mental illness. In a confidential setting, family members and friends of people with mental illness will learn about:

- How mental illness affects your loved one
- Eye-opening current brain research related to mental illness
- Being an advocate for better treatments for your loved one
- Medication issues and the latest treatment options
- Strategies for dealing with stress and worry to help you take care of yourself while supporting your loved one

**Chapel Hill Class meets Sundays, January 5-March 23, 2019, 2-4:30 pm**

**UNC Wellness Center at Meadowmont, 100 Sprunt St., Chapel Hill, 27516**

Contact: Nancy Brickman at 919-818-8065 or [nbrickman@nc.rr.com](mailto:nbrickman@nc.rr.com)

**Durham Class meets Tuesdays, January 15-April 2, 2019, from 7pm-9:30 pm**

**Westminster Presbyterian Church, 3639 Old Chapel Hill Road, Durham 27707**

Contact: Violette Blumenthal 919-358-6788 or [vibl46@frontier.com](mailto:vibl46@frontier.com)

**Registration required. Each class limited to 25 persons.**

**Program sponsored by NAMI-NC, NAMI Durham and NAMI Orange County NC**

**NREPP:** included in SAMSHA's National Registry of Evidence-based Programs and Practice