

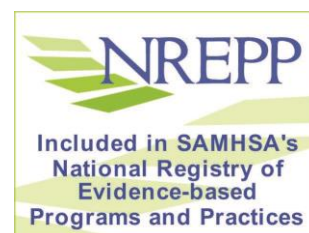


## Family-to-Family Free Education Program

**For family members and close friends of persons living with mental health challenges which may include co-occurring substance use issues. These include 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 Classes:**

**Fall 2018 - Thursdays, September 6 thru November 15, 2018, from 6-8:30 pm**  
Seymour Senior Center, 2551 Homestead Rd, Chapel Hill, NC 27516

**Spring 2019 - 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 Classes**

**Fall 2018 - Tuesdays, August 28 thru November 13, 2018, from 7pm-9:30 pm**  
Westminster Presbyterian Church, 3639 Old Chapel Hill Road, Durham 27707

**Spring 2019 – Tuesdays, January 15-April 2, 2019.**  
Westminster Presbyterian Church, 3639 Old Chapel Hill Road, Durham 27707

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

**All classes are open for enrollment**  
**Registration required. Each class limited to 25 persons.**  
**Program sponsored by NAMI-NC, NAMI Durham and NAMI Orange County**