



Family-to-Family Caregiver Education Course – Register Now
Class Starts Tuesday, March 13 530 PM to 8PM
Conference Room 3 & 4 at Gerald Champion Regional Medical Center

This NAMI Signature Program is for family caregivers of individuals living with a mental illness. It teaches the knowledge and skills that family members need to cope more effectively with this loving and often difficult task. This is a free course provided by the non-profit National Alliance on Mental Illness. The class meets once per week for 2 ½ hours per class, for 12 weeks.

The curriculum covers schizophrenia, bipolar disorder, clinical depression, panic and anxiety disorders, including obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), among others.

NAMI Family-to-Family is an evidence-based program that provides critical information, problem-solving and communications tools, and strategies for taking care of the person you love. Join over 300,000 others in North America who have taken this class, and are now improving the lives of their loved ones and themselves.

FOR MORE INFORMATION AND TO REGISTER NOW:
Call Kimmie at (575) 649-8518 or email KimmieJordan@aol.com



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