

## **FAMILY-TO-FAMILY**

### **Transitions-Mental Health Association**



The National Alliance on Mental Illness (NAMI) Family-to-Family Education Program is a free, 12-week course offering education and support for family members whose relative or loved one has a mental illness/brain disease such as schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, post traumatic stress disorder, borderline personality disorder, co-occurring brain disorders or addictive disorders. The class provides up-to-date information on the diseases, their causes, and treatments available, as well as help and coping tools for the caregiver or loved one.

#### What Services Are Provided?

Family-to-Family classes are led by two specially trained family members who know what it is like to have a loved one with a serious brain disease. The two and a half hour class meets weekly for 12 weeks. Over 500 San Luis Obispo County residents have taken this course.

#### Who Can Attend?

Families, guardians, and loved ones who have someone in their life they know or suspect has mental illness.

Classes are offered throughout San Luis Obispo County.

#### Pre-registration is required.

Contact John Klimala for more information at (805) 550-3889.

#### How Much Does It Cost?

This program is a free service to residents in San Luis Obispo County. The Family-to-Family program is funded locally by The Mental Health Services Act and the National Alliance on Mental Illness.

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