

Family-to-Family is a **FREE** evidence-based 12-week program that helps family members, caregivers and friends understand, support and become advocates for their loved one with serious mental health challenges, while maintaining their own wellbeing.

**Disorders covered include:**

- Depression
- Bipolar Disorder (Manic Depression)
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Anxiety Disorders, including Panic Disorder
- Posttraumatic Stress Disorder
- Obsessive Compulsive Disorder
- Co-Occurring Substance Use Disorders



**Participants will learn effective communication skills, problem-solving techniques, and how to manage their own stress in the care giving role.**

Course teachers are trained NAMI family member volunteers who have experienced firsthand the difficulties of guiding their loved one to recovery from a mental illness.

Over 300,000 family members have graduated from this program.

Thousands have described the program as "life-changing."

**We invite you to call for more information or to register for the course.**

**Classes will be held Thursdays, Sept. 14 – Dec. 7, 2017, 7:00-9:30 p.m.**

**This course is provided by**



**at Bridgeway, 93 Stickles Pond Rd., Newton 07860**

**To register, call Nancy at 973-875-5998 or Jeri at 973-214-0632.  
Pre-registration is required. Class size is limited to 20.**