



NAMI Family-to-Family

National Alliance on Mental Illness

The **FREE**, 12-week course is taught by trained NAMI members who have lived with this experience and offers education and support for families and friends of people with mental illness

The course teaches the **knowledge and skills** that family members need to cope more effectively.

- ✦ Attend with other family members just like you in a confidential setting.
- ✦ Gain insight into how mental illness affects your relative.
- ✦ Take an eye-opening look inside some of today's current brain research related to mental illness.
- ✦ Learn how families can become advocates for better treatments for their relatives.
- ✦ Learn about the mental illness medications available the latest treatment options.
- ✦ Learn to cope with worry and stress; learn to focus on care for you as well as your loved ones.

Many describe the impact of this program as **life changing**. Join the over 150,000 individuals just like you, who have gained information, insight, understanding, and empowerment!

Classes fill up quickly so contact:

FALL SESSION

Tuesday, August 23, 2016 to Tuesday, November 8, 2016
6:00pm - 8:30pm

Your Facilitators:
Anita Martinez-Folger
Nathan Folger

LOCATION:
MAYORES SENIOR CENTER
2 AURORA GONZALEZ DRIVE
TOLEDO, OHIO 43609

Sign up online at www.namitoledo.org/classes

OR

Call Anita at (419)243-1119 ext. 208

